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ABSTRACT

This book was developed to help high school students understand the changes taking place in their bodies and to learn about themselves at the same time. Topics include good grooming, clean health habits, human reproduction, sexually transmitted diseases, responsible sexual behavior, and substance abuse. This information can increase students' understanding of themselves and lead students to eatablish patterns of good health throughout their lives. The lessons and activities in this manual were written for limited-English-proficient (LEP) high school students by a team of English-as-a-Second-Language teachers utilizing the Sheltered English approach. The material includes visual aids and activities to make new concepts and vocabulary more easily understood. Beginning with an introduction that discusses dating, good grooming, and sexuality, the comprehensive health education materials are organized in 8 units as follows: (1) Skin, Hair, and Grooming; (2) Sexuality; (3) Human Reproduction; (4) Pregnancy; (5) Childbirth; (6) Birth Control; (7) Sexually Transmitted Disease; and (8) Drugs, Alcohol, and Tobacco. A glossary, bibliography of instructional materials for LEP students, and an answer key complete the document. All materials may be duplicated for classroom use. (LL)

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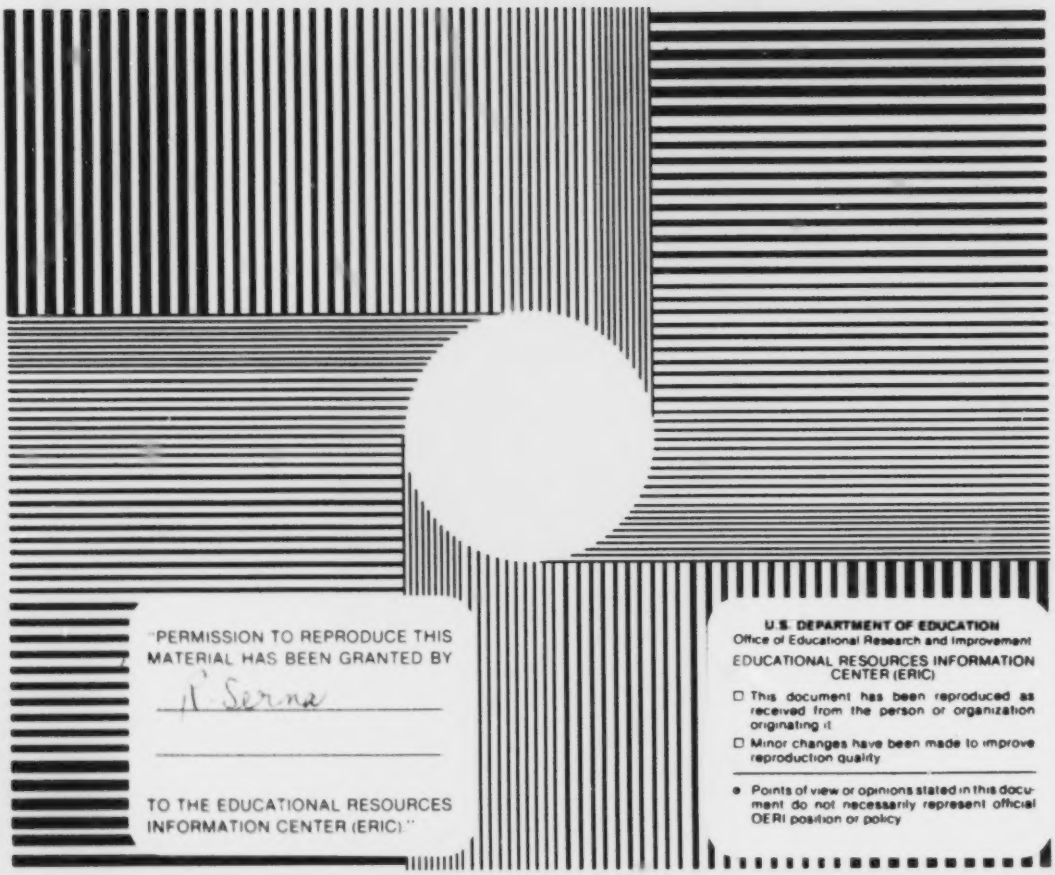
KNOW YOURSELF



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Comprehensive Health Education Material for High School Students

SB 94982

CHICAGO PUBLIC SCHOOLS

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KNOW YOURSELF

Comprehensive
Health Education Material for
High School Students

CHICAGO PUBLIC SCHOOLS

RICHARD E. STEPHENSON
Interim General Superintendent of Schools

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PREFACE

Know Yourself: Comprehensive Health Education Material for High School Students was developed to help adolescents learn about themselves. The teenage years bring about many changes in the human body. This book will help young people understand these changes.

Know Yourself was designed to help high school students learn about good grooming, clean health habits, human reproduction, sexually transmitted disease, responsible sexual behavior, and substance abuse. This information can increase students' understanding of themselves and lead students to establish patterns of good health throughout their lives.

Know Yourself supplements two, teacher resource units developed by the Chicago Public Schools: *Health and Safety: Grades 9-12* and *Family Life Education: Health Concerns in Growing Up, Grade 9*. These teacher resource units and *Know Yourself* comprise the Chicago Public Schools response to provisions in *The School Code of Illinois* which mandate comprehensive health education and instruction (in grades 6-12) on the prevention, transmission, and spread of Acquired Immunodeficiency Syndrome (AIDS). (References: School Code; Chapter 122; Paragraph 27-9.2, "Family Life/AIDS Instruction" and Paragraph 863, "School Pupils/Comprehensive Health Education Act.") All of the material in *Know Yourself* may be duplicated for classroom use.

The lessons and activities in *Know Yourself* were written for limited-English-proficient high school students by a team of English-as-a-Second-Language teachers. It is important to note that the teachers used the Sheltered English Approach in preparing the materials. Sheltered English is an immersion English-as-a-Second-Language method in which content area subjects are taught in the second language using controlled vocabulary and familiar grammatical and syntactical structures. Typical of a Sheltered English Approach, the material in *Know Yourself* includes visual aids and engaging activities and makes new concepts and vocabulary more easily understood. This simplified approach to health education issues makes the material equally effective for language minority, special education, and general program students with limited English language abilities. The approach also enables students who use these materials to become full and equal partners in health education.

Know Yourself was developed and field tested at Senn Metropolitan High School of Liberal Arts and Technology as part of the Content Area Materials and Instruction Project funded by Title VII (Bilingual Education) of the Elementary and Secondary Education Act. The project was supervised and administered by the Chicago Public Schools, Department of Language and Cultural Education.

This revised and expanded edition of *Know Yourself* was produced cooperatively by the Chicago Public Schools, Department of Academic and Vocational Instructional Support and the Department of Language and Cultural Education with additional AIDS Education funding provided by the Centers for Disease Control and Prevention, U.S. Department of Health and Human Services.

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This material was developed and field tested at Senn Metropolitan High School of Liberal Arts and Technology under the direction of John T. Martin, Principal, as part of the ESEA Title VII Content Area Materials for Limited-English-Proficient (LEP) Students Project.

INTRODUCTION

You are an adolescent -- a teenager. You are studying new subjects in high school and enjoying new activities. You are beginning to find out what interests you. These interests will help you to choose a job or an area for college - level study after graduation from high school.

Your are not a child anymore. You are not an adult yet. This important "in-between" period -- adolescence -- lasts for several years.

Your body is changing now. You are becoming a sexually mature person. Your feelings about yourself and other people are changing too. You are meeting new people all the time. You are making new friends. You have girlfriends and boyfriends.

Dating

Maybe you want to spend time with a special person of the opposite sex. You make plans to get together. This is called dating. Dating helps you learn about relationships and love between men and women. It helps you understand yourself. Dating is important and can be a lot of fun.

There are different ways to start dating. Sometimes your first date is a party at school or at someone's house. Sometimes a group of people share an activity: they may go bowling or see a movie. Sometimes a special feeling develops between two people in the group. Then the two people (a couple) go out alone.

Good Grooming

At first, people are attracted to each other by physical appearance (the way a person looks). Therefore, it is important to look your best. In the first unit, you will study about skin and hair. It is important to know about skin and hair so you can take good care of them. Good grooming (taking care of ourselves) helps you look better and keeps your body healthy.

Also, being healthy and well-groomed are the first steps to making a good impression.

Sexuality

In succeeding units, you will study about sexuality. It is important to know about your body and how it works. You must know about the consequences (results) of being sexually active (having sexual contact/intercourse). This information helps prepare you for relationships with the opposite sex and for marriage. It can also keep you healthy.

SKIN, HAIR, AND GROOMING

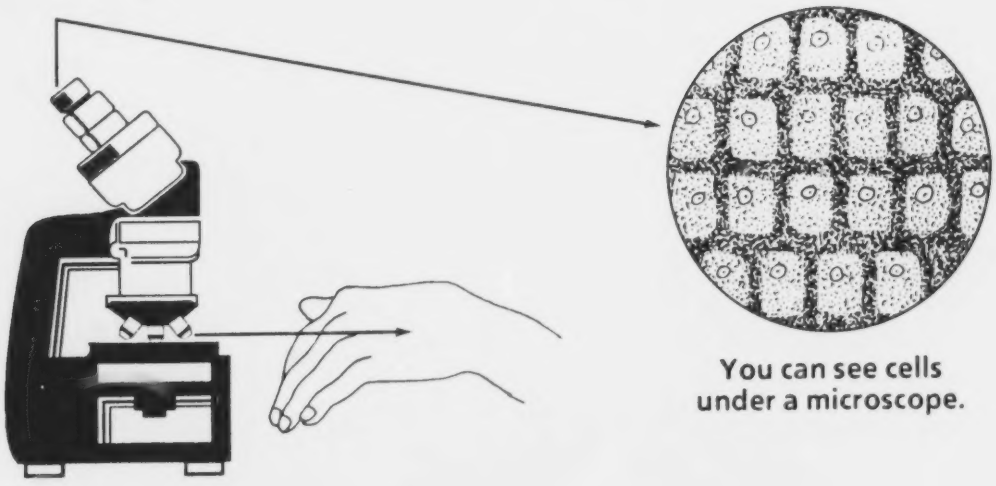
Skin

Skin covers the entire body. The skin is the largest organ of the body.

Skin is made up of millions of cells. Cells are very small body parts. They are like building blocks. Cells make up the bodies of all living things.

A Cell

You cannot see cells without a special tool. They are too small. You need to use a microscope in order to see cells.



You can see cells under a microscope.

The skin is not the same all over your body. The skin on most of your body is thin. The skin on the soles (bottoms) of your feet is thick.

The skin has two layers. The top layer is the epidermis. The bottom layer is the dermis.

Epidermis

The epidermis is waterproof. Water cannot get through the epidermis. The epidermis has many small pores (small openings in the skin). The outside of the epidermis is made up of dead cells. The dead cells get rubbed or washed off. New cells grow from below and take the place of the dead cells.

Dermis

The dermis is under the epidermis. It is thicker than the epidermis. It also has many more parts. Some of the parts of the dermis are:

- Hair Follicles

  Hair grows from the skin. It grows on most parts of the body. Each hair grows out of a hair follicle (small opening like a pocket). The openings are in the epidermis. They go down into the dermis.

- Oil Glands

  Oil glands are on each hair follicle. Oil comes out of the glands and oil keeps your skin and hair healthy. Sometimes there is too much oil. The extra oil can be washed off.

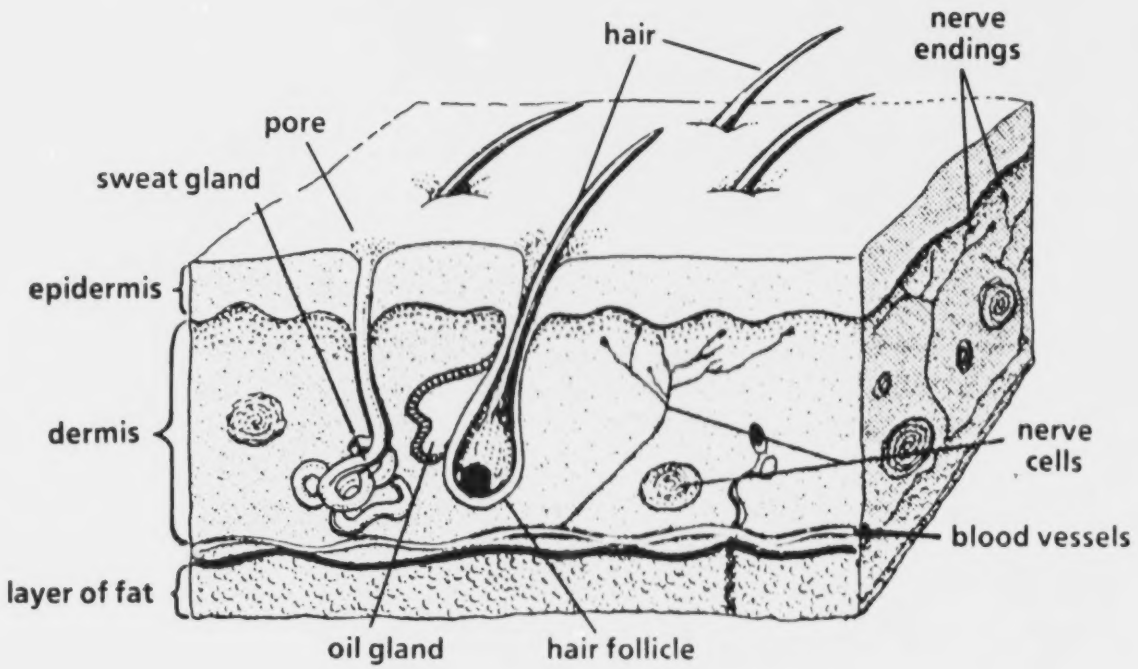
- Nerves

  The dermis also has nerve cells. Different feelings come from different nerve endings. Some nerve endings produce feelings of heat and cold. Some let you feel pain or a touch.

- Sweat Glands

  There are sweat glands in the dermis. Sweat is made up of water and body waste (things not used by the body). Sweat leaves the body. It goes through the pores (small openings) of the skin.

The body perspires (gives off sweat) all the time. When sweat of the skin dries, the body cools. Sometimes the body perspires faster. You perspire faster when you exercise or work hard. This process helps your body keep a steady (the same) temperature (amount of heat) all the time.

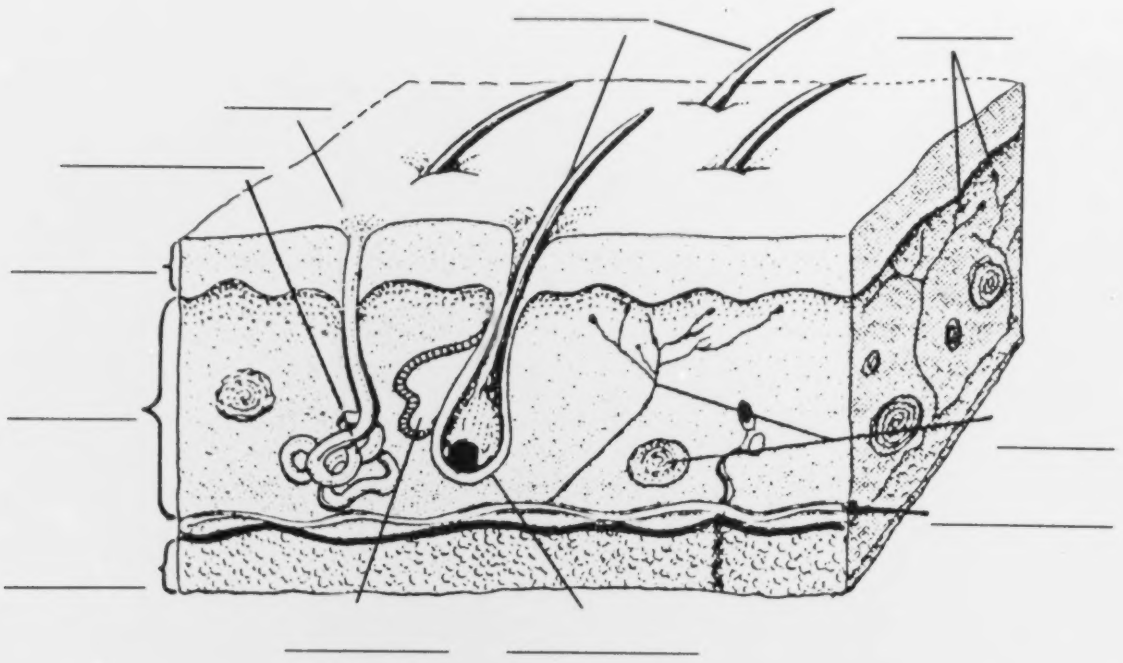

hair
nerve endings
pore
sweat gland
epidermis
dermis
nerve cells
blood vessels
layer of fat
oil gland
hair follicle

UNIT 1
Exercise 1

PARTS OF THE SKIN

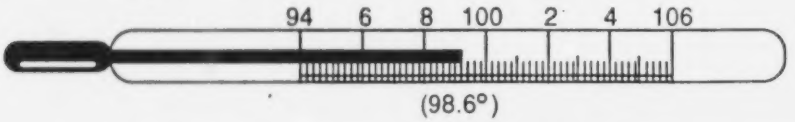
Look at the picture below. Write the name of each part of the skin on the correct line. Use the words in the box.

blood vessels	layer of fat
dermis	nerve endings
epidermis	oil gland
hair	pore
hair follicle	sweat gland

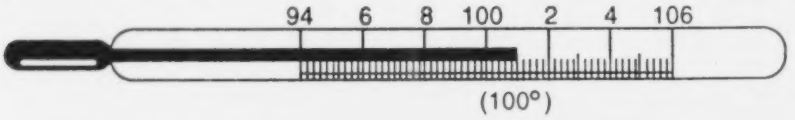


Body Temperature

A thermometer is used to measure body temperature.
Normal temperature is 98.6 degrees Fahrenheit.



John is sick. His temperature is over 98.6 degrees. It is 101 degrees.



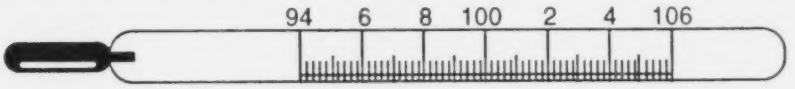
How to Find Body Temperature

Use a thermometer to find body temperature.
Follow this procedure (Do this.):

- Shake the thermometer a few times. Check the mercury (the silver line on the thermometer). The mercury must be at 96 degrees or lower.
- Clean the thermometer with alcohol.
- Put the silver end of the thermometer under the tongue.
  Close the mouth. Be careful that the person does not bite the thermometer.
- Wait for three (3) minutes. Read the temperature.
  The silver line (mercury) tells you the temperature.

Remember:

First, shake the thermometer. Hold this end.

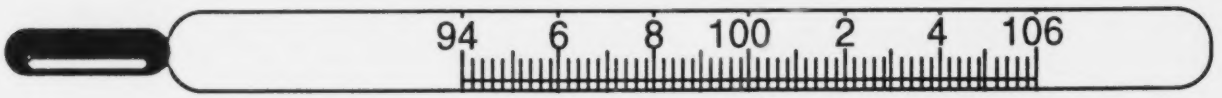


Put the silver end under the tongue.

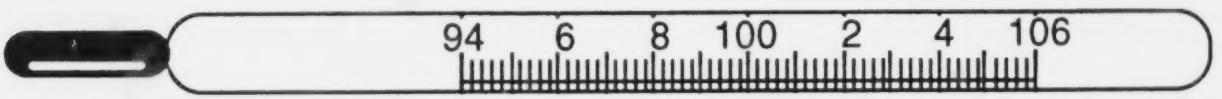
UNIT 1
Exercise 2

READING A THERMOMETER

Nissim is healthy. His temperature is normal.
Draw a line on the thermometer to show his temperature.



Nissim is sick. He has a fever. His temperature is 102 degrees.
Draw a line on the thermometer to show his temperature.



Skin Problems

There are many skin problems:

acne	athlete's foot
boils	cold sores
warts	and others

Acne

- What is acne?

  Acne is a skin problem. People with acne get whiteheads, blackheads, or pimples.

  Many teenagers have acne. Most people get acne at some time in their lives. People with acne may feel unhappy. They worry about how they look.

  A teenager's skin can be too oily. The oil glands produce (make) a lot of oil.

  Oils and dead skin can stay inside skin pores (openings). They clog (close up) the pores and cause whiteheads, blackheads, and pimples.

- What can be done for acne?

  Acne cannot be prevented (stopped) or cured. It can be controlled. Acne usually goes away after ten years.

- How do you control acne?

  Never squeeze a pimple. Keep skin clean. Wash the face several times a day. Use hot water. Use a soap that doesn't have oil in it.

  Use an astringent. An astringent makes your skin dry (not oily). It has alcohol in it. Do not use oily cosmetics (makeup). Remove all makeup at night.

  Eat the proper (correct) food. Get a good night's sleep.

  Sometimes acne gets very bad. If it gets bad, see a doctor.

Acne

This is a bad case of acne.
This person has many pimples,
whiteheads, and blackheads.
The skin is red in some places.
This person should see a doctor.

This is hot a bad case of acne. This person has few pimples, whiteheads, and blackheads.

Boils

- What are boils?

  Boils are lumps on the skin. Bacteria (tiny living things that cause disease) enter the skin. The bacteria attack (hurt) the skin cells and cause infection (disease). When this happens a hard red lump forms. A boil can become large and painful. This infection can spread to other parts of the body.

- How do you treat a boil?

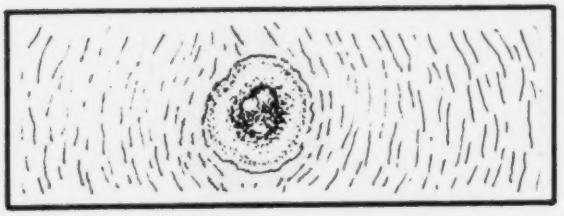
  Do not squeeze a boil. Squeezing can spread infection (disease).

  See a doctor. The doctor can treat the boil correctly. If the infection needs medicine, the doctor can provide it.

This is a boil.

It is painful.

Sometimes the skin around the boil is red.



Warts

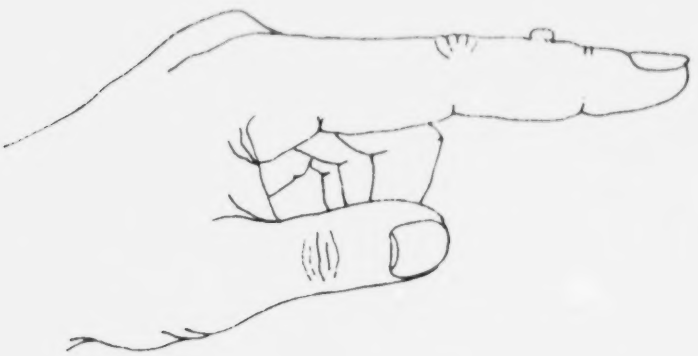
- What are warts?

  Warts are hard bumps on the skin.
  A virus (something that causes disease) causes warts.
  Most warts are not painful.
  Most warts go away by themselves.

- How are warts treated?

  Do not pick or scratch a wart.
  Do not try to remove a wart.
  If the wart grows large, bleeds, or changes color,
  see a doctor.

Often people get warts on the soles (bottom) of the foot or between the toes.
These warts can be deep and painful (hurt very much). See a doctor for this kind of wart.



Athlete's Foot

- What is athlete's foot?

  Athlete's foot is a foot infection (disease).
  Cracks (lines in the skin) form between the toes.
  Itching blisters (bumps you want to scratch) form between the toes.

  A small fungus (a kind of plant) causes athlete's foot.
  This fungus grows in warm wet places.

  Sometimes people get athlete's foot when they walk barefoot near swimming pools and/or in showers.

- How is athlete's foot prevented (stopped)?

  Wash feet every day with soap and water.
  Dry feet well after a bath, shower, or swim.

Cold Sores

- What are cold sores?

  Cold sores are sores on the lips or in the mouth.
  A virus (something that causes disease) causes cold sores.

- How are cold sores treated?

  A camphor or alcohol preparation (mixture) can be placed on the cold sore. This can relieve the pain (make the pain less). See a doctor.

UNIT 1
Exercise 3

SKIN PROBLEMS

Check (✓) all the correct statements.

Acne

There are 3 correct statements below.

1. ( ) People with acne get whiteheads, blackheads, and/or pimples.
2. ( ) Use a soap with oil in it to treat acne.
3. ( ) Use an astringent to treat acne.
4. ( ) Squeeze pimples to help acne.
5. ( ) If acne gets very bad, see a doctor.

Boils

There are 3 correct statements below.

6. ( ) Boils are lumps on the skin.
7. ( ) A virus causes boils.
8. ( ) Do not squeeze a boil.
9. ( ) A doctor can treat boils correctly.
10. ( ) Boils are never painful.

Warts

There are 3 correct statements below.

11. ( ) Warts are hard bumps on the skin.
12. ( ) A virus causes warts.
13. ( ) Touching a toad causes warts.
14. ( ) Warts never go away by themselves.
15. ( ) If a wart grows large, bleeds, or changes color, see a doctor.

Athlete's Foot

There are 3 correct statements below.

16. ( ) Athlete's foot is a foot infection.
17. ( ) Bacteria cause athlete's foot.
18. ( ) People get athlete's foot from playing soccer and baseball.
19. ( ) Wash feet every day.
20. ( ) Dry feet well after a bath, shower, or swim.

Cold Sores

There are 3 correct statements below.

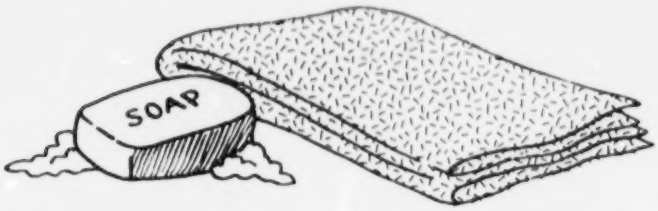
21. ( ) Cold sores are sores on the lips or in the mouth.
22. ( ) Cold weather causes cold sores.
23. ( ) A fungus causes cold sores.
24. ( ) Put a camphor or alcohol preparation on cold sores.
25. ( ) See a doctor for cold sores.

Care of the Skin

Bathing is very important. In some countries people do not bathe every day. They may not have enough water. Most Americans bathe every day. There is a lot of water in most of the United States.

Why is it important to bathe every day? A bath makes you clean. Bathing aids good, clear skin. A bath is important for good health. Waste products (things your body does not use) leave the body through the pores (openings) of the skin. The pores can become clogged (closed). Washing prevents (stops) clogged pores.

Also, bathing helps wash away perspiration (sweat). Perspiration causes odor. Washing does not stop perspiration (sweat), but it helps take away the odor (smell). In the United States, perspiration odor is considered offensive (unpleasant) to others.



Follow these steps to take a bath or shower:

- Wet your body with water.
- Put soap on your body.
- Scrub (wash very well).
- Rinse off the soap.
- Dry your body well.
- Put on a deodorant to prevent body odor.

Sometimes you may not be able to take a bath or shower. You may be sick or injured. If this is the case, you can take a sponge bath.

For example, if you have an injured leg, you do not want the bandage to get wet. Put water in the sink or bathtub. Wash with a cloth or sponge. Do not put your leg in the water.

There are many different kinds of soap. Use body soap to wash your body. Some soap is used for washing clothes. Do not use it on your body. There is also special soap for dry skin or oily skin.

UNIT 1
Exercise 4

TAKING A BATH OR SHOWER

The steps in the box are in the wrong order.
Write them in the correct order on the lines at the bottom of this page.
The first step is written for you.

- Rinse off the soap.
- Scrub (wash very well).
- Put on a deodorant to prevent body odor.
- Dry your body well.
- Wet your body with water.
- Put soap on your body.

1. Wet your body with water. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Hair Problems

Dandruff

- What is dandruff?

  Dandruff is a hair problem. The dead skin of the scalp (the skin on the head) comes off. The dead skin comes off in small white flakes.

- How do you control dandruff?

  You can control dandruff. Wash your hair several times a week. Rinse your hair and scalp well. Use a dandruff shampoo.

Lice

- What are lice?

  Lice are small insects (bugs). Head lice live on the scalp. They spread from person to person. Lice also are carried on the following:

combs	hats
brushes	towels
sheets	pillow cases

- How do you control lice?

  Use a special shampoo to kill the lice and nits (eggs). Use a fine-tooth comb to remove (take out) the nits. You can buy the special shampoo and comb at a drugstore.

  Look at the hair carefully to make sure that no nits (eggs) remain. Remove all nits by hand.

Care of the Hair

It is important to wash your hair often. Some people have dry hair. They may wash their hair only once a week. Some people have oily hair. They may need to wash their hair several times a week or every day.

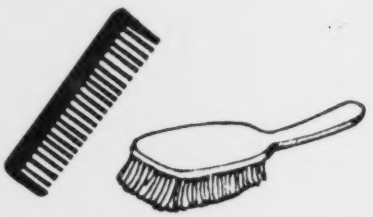
Use shampoo to wash your hair. Do not use hand soap to wash your hair.

Some people use a conditioner after they shampoo. Conditioner makes your hair soft, shiny, and easy to comb.

Grooming

It is important to look your best. Good grooming (taking care of yourself) helps you look your best. You can do many things to make yourself look more attractive. People often judge you by the way you look.

Hair



- Your hair should always be clean.
- Brush or comb your hair every day.
- Cut your hair regularly. Wear your hair in a style that looks good.

Teeth

- Brush your teeth after every meal.
- Follow a sensible diet. Do not eat foods with a lot of sugar. Sugar causes tooth decay (cavities).
- Visit your dentist twice a year. If you get a toothache; see your dentist right away.
- Use mouthwash to keep your breath clean.

Nails

- Good nail care is important for men and women.
- Clean and cut your nails regularly. Dirty and broken nails are unattractive (do not look good). They can cause infection (disease).
- Do not bite your nails. It is unattractive, and it can cause infection.
- Women should know that good nail care is easy. Use a nail file or emery board to shape nails. Use a manicuring stick to push back cuticles.
- Nail polish can look attractive. Nail polish comes in many colors.

UNIT 1
Exercise 5

HAIR PROBLEMS

Use the words in the box to complete the sentences below. One word is not used.

bugs	nits
baldness	shampoo
scalp	flakes

1. The skin on the head is called the _____.
2. Dandruff is the dead skin of the scalp. It comes off in white _____.
3. Lice are small _____.
4. Lice eggs are called _____.
5. Use a special _____ to kill lice.

UNIT 1
Exercise 6

GROOMING

Write the words below in the correct columns. Be careful. One word is not used.

emery board	cuticles
dentist	deodorant
comb	polish
tooth decay	cavities
hairbrush	shampoo

HAIR	TEETH	NAILS
_____	_____	_____
_____	_____	_____
_____	_____	_____

Clothes

- Your clothes should always be clean. Dirty clothes have a bad odor (smell). Other people do not like to be near a person with a bad odor. You should change your underwear and socks every day.
- Your clothes should fit properly.
- You should always look neat. Do not wear clothes with holes or missing buttons.
- Make sure your clothes are appropriate to the occasion. For example, do not wear a swim suit to school.
- Choose clothing styles that look good on you.

Posture

- Posture is the position of your body. It is the way you hold your body: how you walk, stand, and sit.
- Good posture is important to your appearance. Good posture makes you look better.
- Bad posture can ruin your appearance. You may have attractive hair, well-groomed nails, and clean clothes, but you must have good posture to look good.
- You should stand and sit straight. Keep your shoulders back. Keep your stomach pulled in. Other people look at your posture.

Makeup

- Makeup (cosmetics) includes lipstick, blush, eye shadow, and mascara.
- Use colors that look good on you. Do not use too much. Take time to put on your makeup.
- Make sure your makeup is appropriate (right) to the occasion. For example, you may wear more makeup at a party than you wear at school.

UNIT 1
Exercise 7

GOOD GROOMING

Cross out the wrong word.
The first sentence is done for you.

1. Do ~~Don't~~ wear clean clothes.
2. Do Don't wear clothes with holes or missing buttons.
3. Do Don't use too much makeup.
4. Do Don't wear a swim suit to school.
5. Do Don't stand and sit tall.
6. Do Don't wear dirty clothes.
7. Do Don't change your underwear and socks every day.
8. Do Don't keep your stomach pulled in.
9. Do Don't wear appropriate makeup for the occasion.
10. Do Don't keep your shoulders back.
11. Do Don't use makeup colors that look good on you.

SKIN, HAIR, AND GROOMING

Write the correct word or the correct number in each blank.

1. The largest organ of the body is the _____.
2. The skin is made of millions of _____.
3. You can see cells with the aid of a _____.
4. The two layers of the skin are the _____ and the _____.
5. The small openings in the skin are _____.
6. Sweat is made up of _____ and _____ _____.
7. Sweat leaves the body through the _____ of the skin.
8. Normal body temperature is _____ degrees Fahrenheit.
9. Use a _____ to measure your body temperature.
10. Oils and dead skin can clog up the pores of the skin. This can cause _____, _____, and/or _____.
11. Boils are caused by _____.
12. Warts are caused by _____.
13. Athlete's foot is caused by a _____.
14. Cold sores are caused by a _____.
15. _____ causes tooth decay.

STATEMENTS ABOUT SKIN, HAIR, AND GROOMING

Answer TRUE (T) or FALSE (F). Write "T" or "F" before each sentence.

_____ 1. The stomach is the largest organ in the body.

_____ 2. The skin on your feet is the same as the skin on your face.

_____ 3. The top layer of the skin is the epidermis.

_____ 4. The epidermis is waterproof.

_____ 5. New cells replace the dead cells of the epidermis that get washed or rubbed off.

_____ 6. Hair follicles are located only in the epidermis.

_____ 7. Sweat is made up of water and body waste.

_____ 8. You perspire all the time.

_____ 9. Washing your face often and eating properly can help control acne.

_____ 10. Warts sometimes go away by themselves.

_____ 11. Athlete's foot is caused by a small fungus.

_____ 12. Cold sores are caused by a virus.

_____ 13. Most Americans bathe every day.

_____ 14. Posture describes the position of your body when you walk, stand, or sit.

_____ 15. If you wear very attractive clothes, people will not notice bad posture.

_____ 16. You should change your underwear and socks every day.

_____ 17. Dandruff can be controlled by shampooing with special dandruff shampoo.

_____ 18. Cavities can be prevented.

_____ 19. Do not eat foods with a lot of sugar in them.

_____ 20. Go to a dentist when you have a toothache.

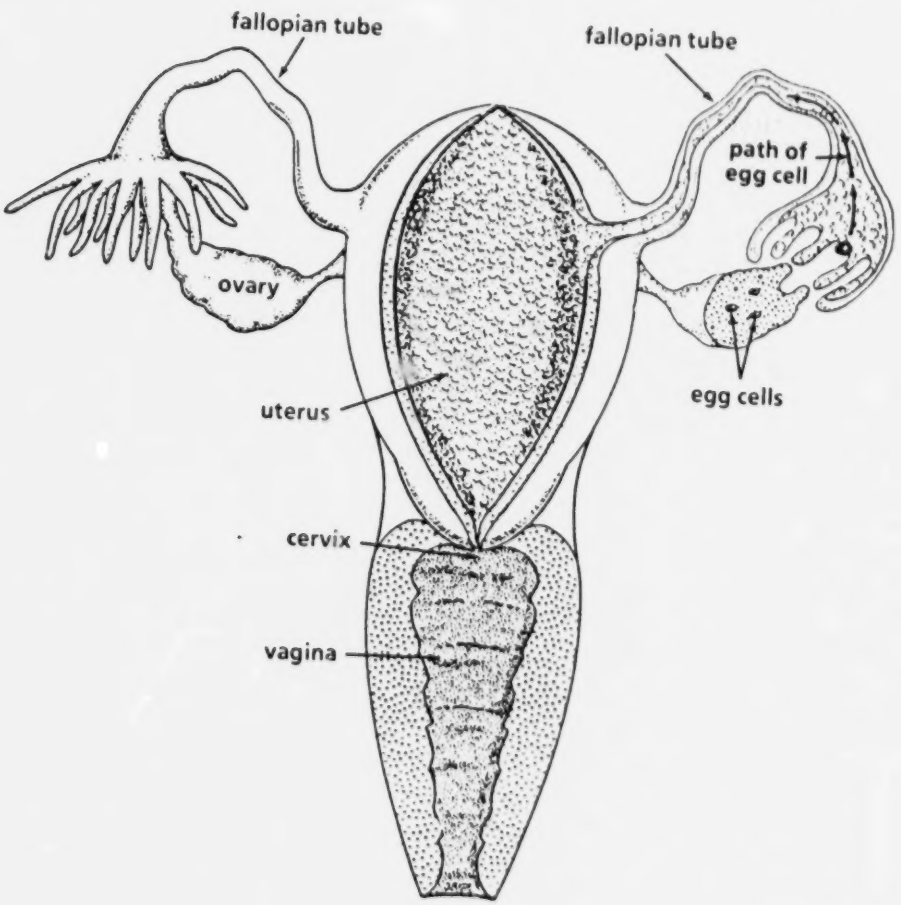
SEXUALITY

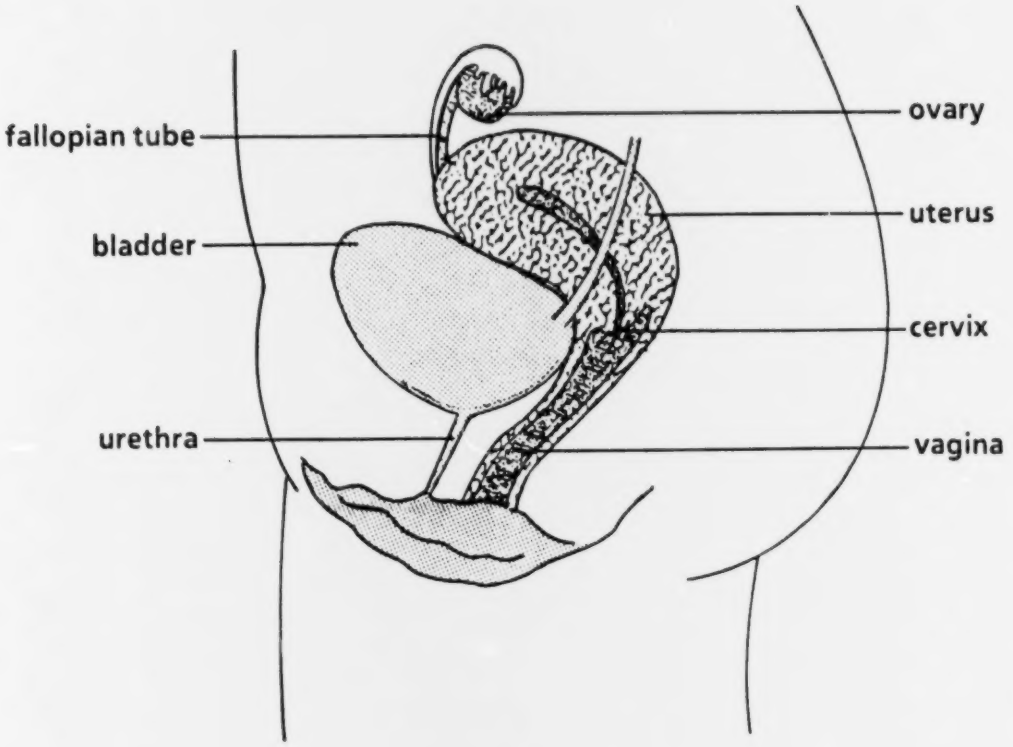
Males (men) and females (women) are alike in many ways. For example, their digestive and blood systems are the same. However, there is one body system that is very different in males and females -- the reproductive system. The reproductive system in the male and female produces (makes) new human beings (babies).

Female Reproductive System

The female reproductive system has four main parts:

- Ovaries (2)
- Fallopian Tubes (2)
- Uterus
- Vagina





SIDE VIEW OF THE FEMALE REPRODUCTIVE SYSTEM

Ovaries

- There are two ovaries inside a woman's body. They are located near the hips. Each ovary is the size of a small plum (1" - 2" long).
- There are thousands of egg cells in the ovaries. An egg cell is about the size of a pinpoint.
- The egg cell is the female sex cell. A male sex cell can join with an egg cell. When this happens, a baby starts to develop (grow).
- All of a woman's egg cells are in her ovaries when she is born. These egg cells mature (grow) as certain body changes take place.

Fallopian Tubes

- There are two fallopian tubes inside a woman's body.
- One end of each fallopian tube is attached to the uterus. The other end of each fallopian tube is located near the ovaries. The fallopian tubes are not connected to the ovaries.

Uterus

- The uterus is located between the ovaries.
- The uterus has thick walls. These walls are made of muscle. A baby develops (grows) inside the uterus before it is born.
- The uterus is also called the womb.

Vagina

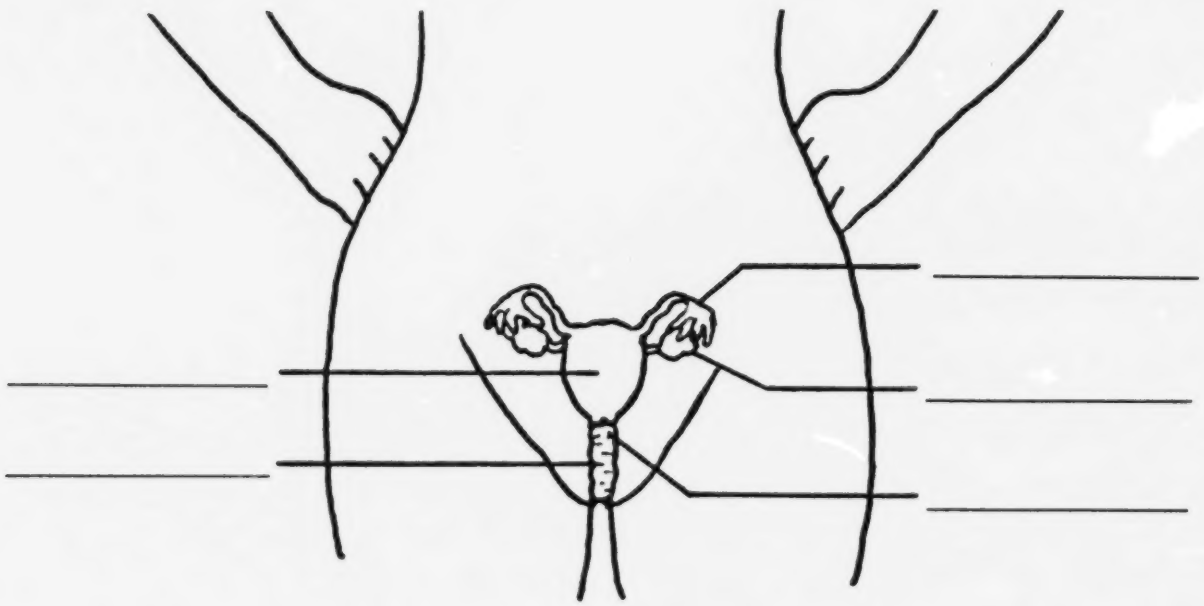
- The vagina is a passageway. The vagina leads from the uterus to the outside of the body.
- The vagina is also called the birth canal. A baby passes through the vagina during birth (when it is born).
- The uterus is connected to the vagina by a narrow opening. This narrow opening is called the cervix.

UNIT 2
Exercise 1

PARTS OF THE FEMALE REPRODUCTIVE SYSTEM

Look at the picture below. Write the name of each part of the female reproductive system on the correct line. Use the words in the box.

cervix fallopian tube ovary uterus vagina



FRONT VIEW OF THE FEMALE REPRODUCTIVE SYSTEM

UNIT 2
Exercise 2

THE FEMALE REPRODUCTIVE SYSTEM

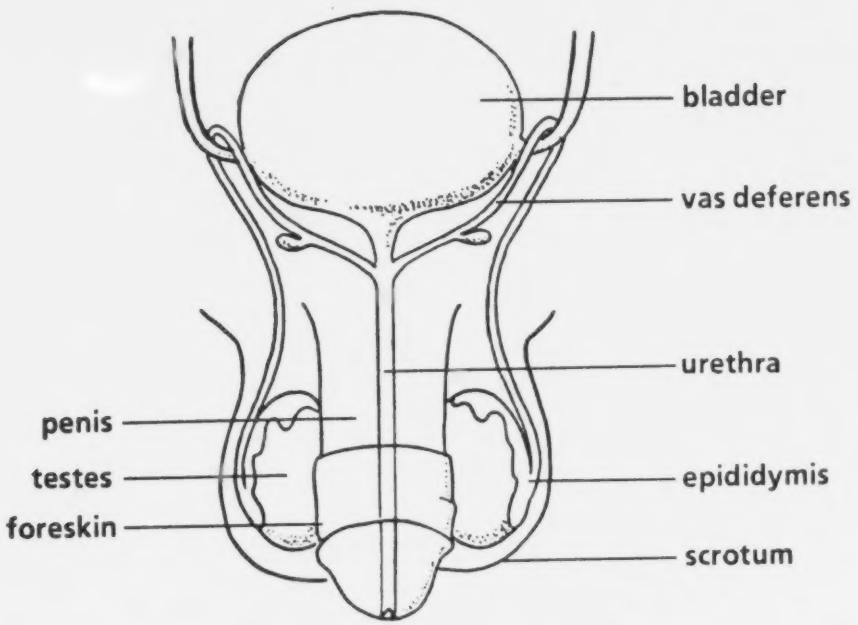
Answer TRUE (T) or FALSE (F). Write "T" or "F" before each sentence.

1. _____ The uterus is located between the ovaries.
2. _____ The fallopian tubes are connected to the ovaries.
3. _____ The vagina is also called the womb.
4. _____ The opening between the uterus and the vagina is called the cervix.
5. _____ There are thousands of egg cells in the ovaries.
6. _____ The uterus is also called the birth canal.
7. _____ There are two fallopian tubes inside a woman's body.
8. _____ There are two ovaries inside a woman's body.
9. _____ One end of each fallopian tube is attached to the vagina.
10. _____ A baby grows inside the uterus before it is born.

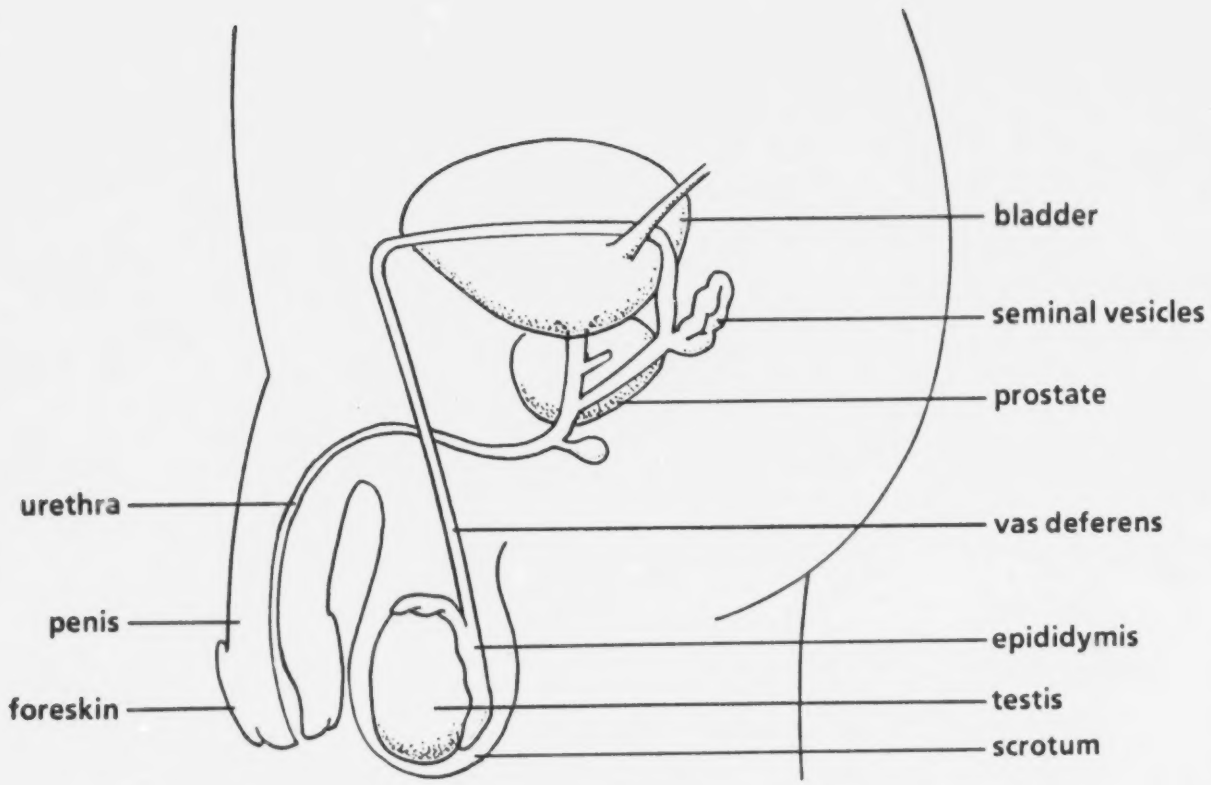
Male Reproductive System

The main parts of the male reproductive system are:

- Testes (2)
- Penis
- System (group) of tubes which connects the testes and the penis



FRONT VIEW OF THE MALE REPRODUCTIVE SYSTEM



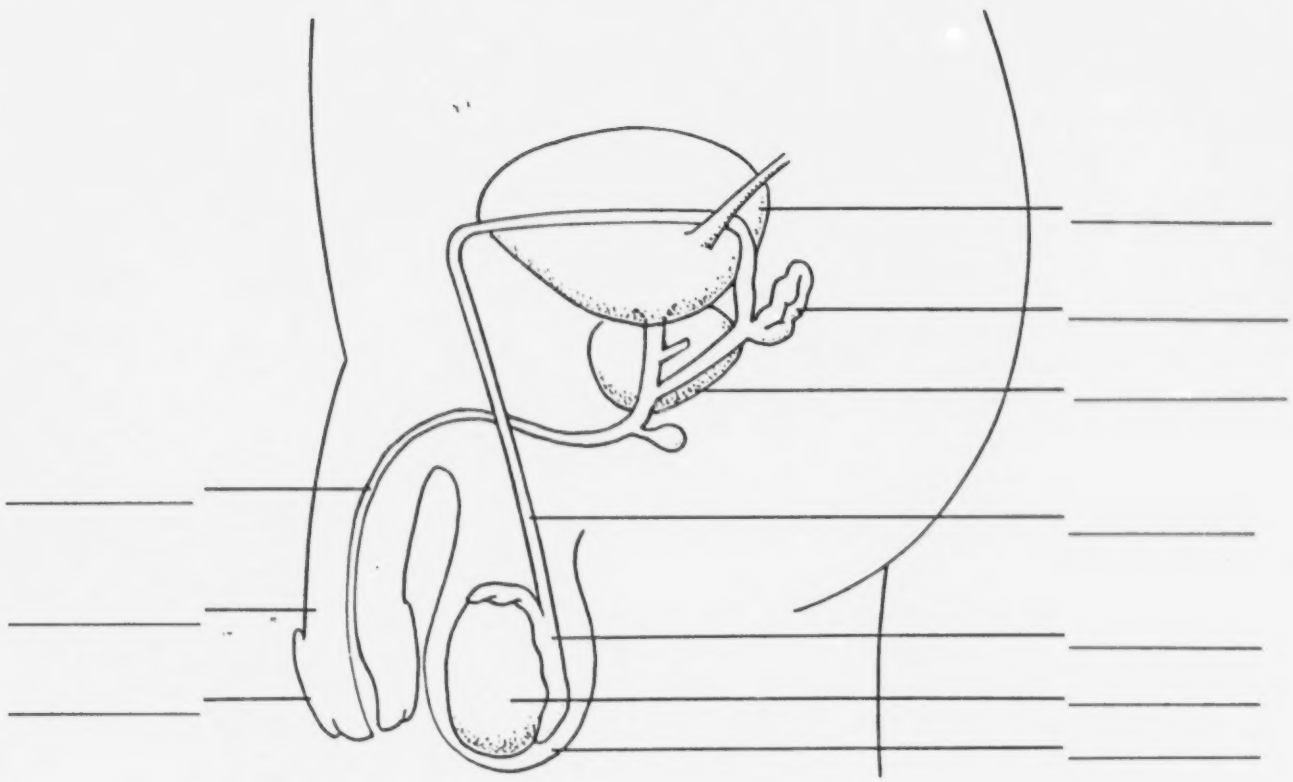
SIDE VIEW OF THE MALE REPRODUCTIVE SYSTEM

UNIT 2
Exercise 3

PARTS OF THE MALE REPRODUCTIVE SYSTEM

Look at the picture below. Write the name of each part of the male reproductive system on the correct line. Use the words in the box. (Preview the information on pages 35 and 36 to learn the location of the scrotum, uretha, and vas deferens.)

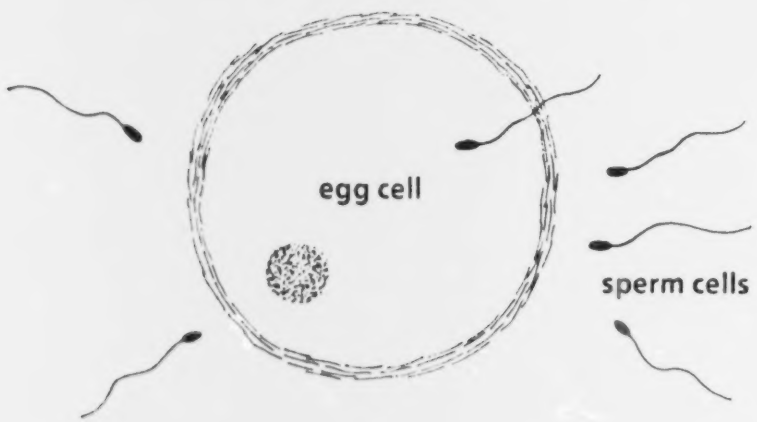
penis	seminal vesicles
scrotum	prostate
testis	foreskin
urethra	epididymis
vas deferens	bladder



SIDE VIEW OF THE MALE REPRODUCTIVE SYSTEM

Testes

- The testes are also called testicles. There are two testes. (Each one is called a testis.) The testes are located inside the scrotum. The scrotum is a bag of skin. It is outside the body behind the penis.
- A boy's body changes as he becomes older. The testes begin to produce sperm cells. Sperm cells are the male sex cells.
- The testes produce billions of sperm cells during a man's life. Human sperm cells are very small. These cells are much smaller than egg cells.
- Each sperm cell has a tiny head and a thin tail. Sperm cells move by moving their tails back and forth.
- A sperm cell can join with a female egg cell. Then a baby starts to develop (grow).



Penis

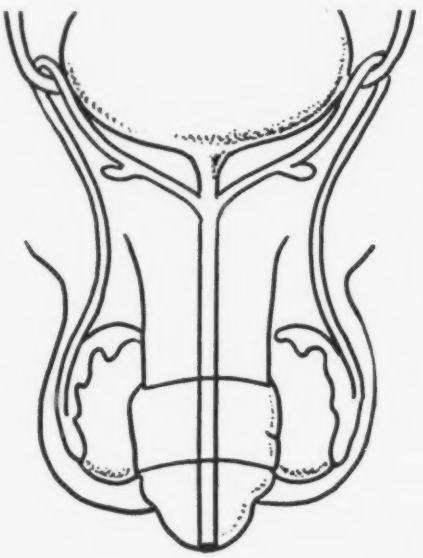
- The penis is the male sex organ.
- Loose skin covers the tip of the penis at birth. This piece of skin is called the foreskin. It is sometimes removed for religious or hygienic (sanitary) reasons. The foreskin is removed by a simple operation. This operation is usually done a few days after birth. The operation is called circumcision.

System of Tubes

- A tube passes through the center of the penis. This tube is called the urethra. (See the illustration on page 32.) The urethra has an opening at the end of the penis. The other end of the urethra is connected to the bladder. Urine (a waste product from the bladder) passes out of the body through the urethra.
- There is a tube leading from each testis. These tubes are called the vas deferens. The vas deferens are also connected to the urethra. Sperm cells go from the testes into the vas deferens. Then the sperm cells go through the vas deferens into the urethra.
- Several glands in this area produce fluid (liquid). The mixture of sperm cells and fluid is called semen. Semen passes out of the body through the urethra.
- The penis must become erect (hard) for semen to enter the urethra. Urine cannot get into the urethra and leave the body during an erection. Urine and semen never leave the body at the same time.
- The discharge (release) of semen from the penis is called ejaculation.

Unit 2
Exercise 4

Show the path of semen. Draw lines from the testes, through the vas deferens, to the urethra, and out of the penis.



UNIT 2
Exercise 5

THE MALE REPRODUCTIVE SYSTEM

Answer TRUE (T) or FALSE (F). Write "T" or "F" before each sentence.

1. ____ The testes are located inside the scrotum.
2. ____ The testes are also called testicles.
3. ____ The scrotum is a bag of skin.
4. ____ Egg cells are the male sex cells.
5. ____ Sperm cells are smaller than egg cells.
6. ____ The operation that removes the foreskin is called circumcision.
7. ____ Urine passes out of the body through the urethra.
8. ____ The mixture of sperm cells and fluid is called semen.
9. ____ Semen passes out of the body through the urethra.
10. ____ Urine and semen can leave the body at the same time.

Puberty

Every person changes from a child to a sexually mature person. A sexually mature person can reproduce (have children). This time of change is called puberty.

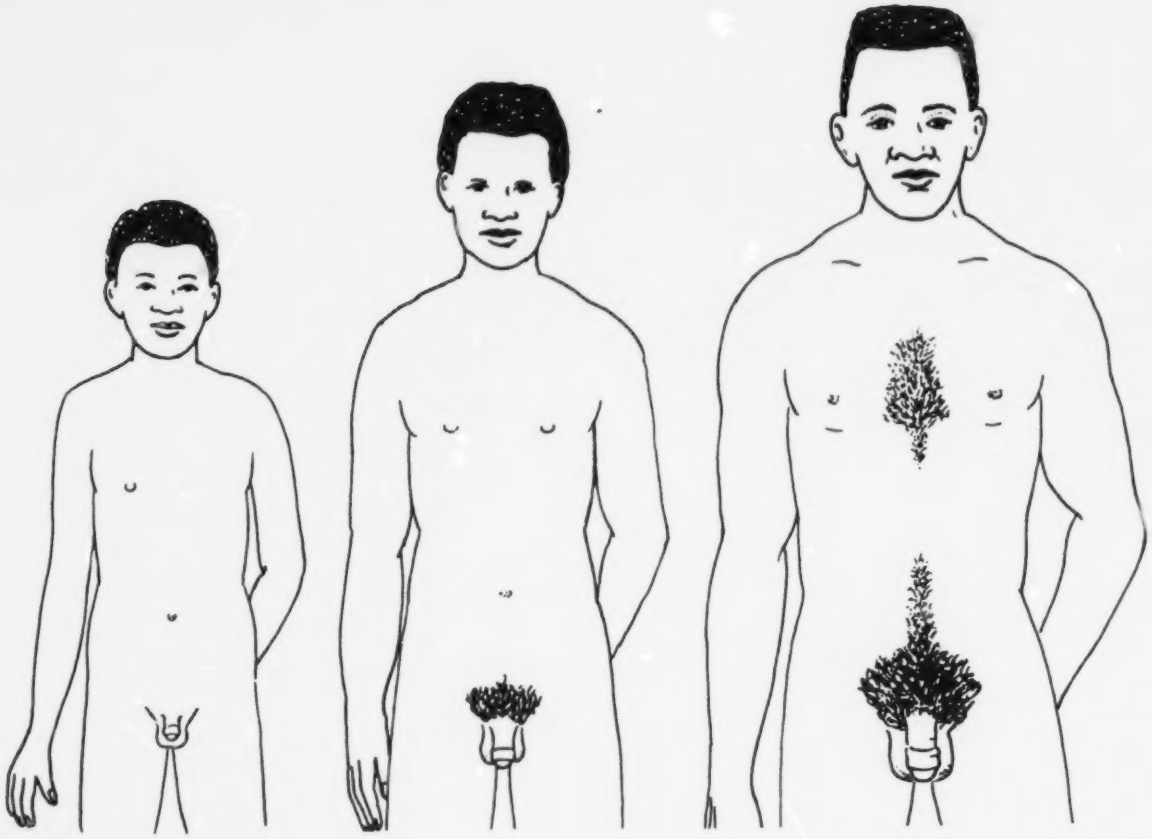
How does puberty begin?

The testes are the sex glands in males. The ovaries are the sex glands in females. At the beginning of puberty, the sex glands begin to produce sex hormones (chemicals). These hormones cause the body to mature (develop) physically.

When does puberty begin?

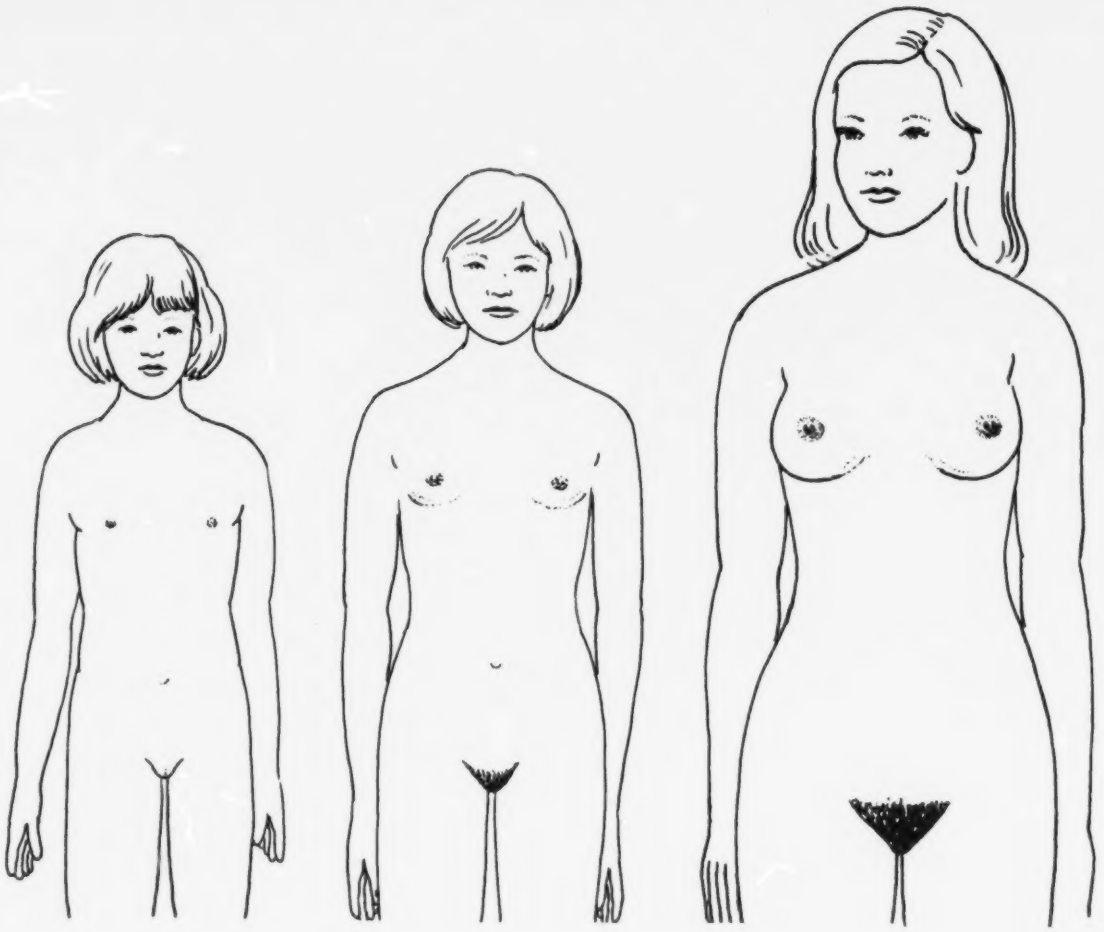
Puberty begins at a different age for each person. For girls, puberty begins at menstruation, usually between the ages of 9 and 16. Boys usually begin puberty later, between the ages of 12 and 18.

Physical Changes in Boys



- The testes start to produce testosterone. Testosterone is the male sex hormone. This hormone causes body changes.
- Hair begins to grow on the face and under the arms. Pubic hair (around the penis and testes) also starts to grow.
- The penis and testes grow larger. Shoulders get wider. Muscles get bigger. The Adam's Apple grows larger. The voice becomes lower.
- The testes begin to produce sperm cells. Other glands begin to produce fluids.
(See page 36.)

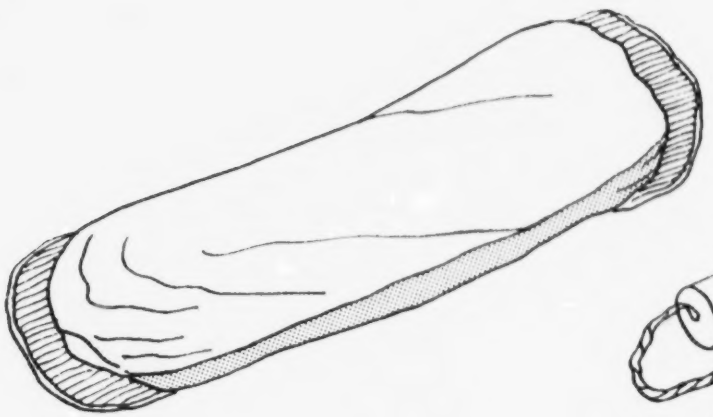
Physical Changes in Girls



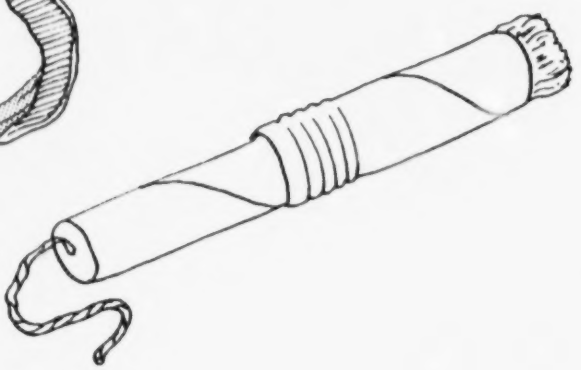
- The ovaries start to produce estrogen. Estrogen is the female sex hormone. This hormone causes body changes.
- Hair starts to grow under the arms. Pubic hair (near the vagina) also starts to grow.
- Breasts begin to get larger. Hips get wider.
- Egg cells in the ovaries begin to mature (develop). Menstruation begins.

Menstruation

- An egg cell leaves an ovary about once a month. This process is ovulation. The egg cell moves through the fallopian tubes toward the uterus. It travels from the ovary to the uterus in a few days.
- The walls of the uterus are made of muscle. Before ovulation, the walls of the uterus grow a lining (another layer). This lining is made of blood and tissue.
- Sometimes the egg cell joins with a sperm cell. This action produces a fertilized egg cell. The fertilized egg cell attaches itself to the thick lining of the uterus. A baby will grow here.
- Usually the egg cell does not get fertilized. The body does not need the thick lining in the uterus. The lining and the unfertilized egg cell leave the body through the vagina. This discharge (something that leaves the body) is called "menstruation," a "menstrual period," or a "period."
- The menstrual period is different for every female. It can last from two to seven days. Menstruation usually starts between the ages of 10 and 14. But it can start earlier or later.
- Women should carry sanitary napkins or tampons in their purses 2 or 3 weeks after their last period ends. In an emergency, sanitary napkins or tampons can be purchased from vending machines in public restrooms for females.



sanitary napkin



tampon

Menstrual Cycle

- The first day of the menstrual period is also the first day of the "menstrual cycle."
- Here is what happens during the menstrual cycle:

  The lining of the uterus and the unfertilized egg cell leave the body (This is the menstrual period.).

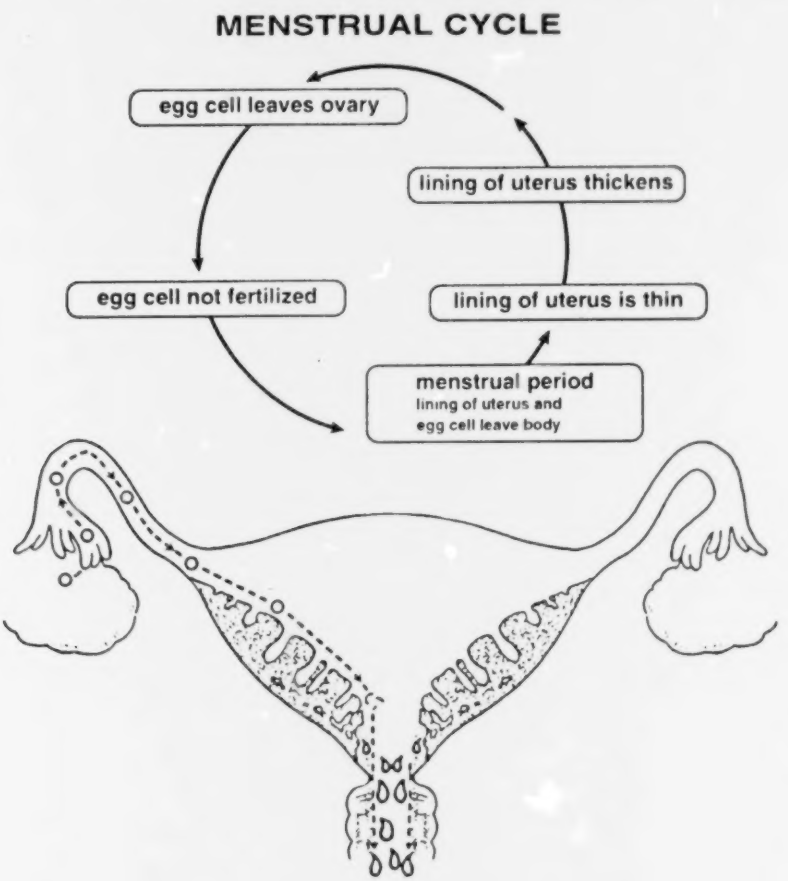
  The lining of the uterus starts to grow thick again.

  The egg cell leaves the ovary (ovulation). Ovulation happens about 14 days before the next menstrual period.

  If the egg cell is not fertilized, the lining of the uterus and the egg cell leave the body again (the menstrual period).

  This menstrual cycle is repeated over and over again, about every month.

- The menstrual cycle (not the period) lasts about 28 days. Some women have longer cycles; for example, 35 days. Some women have shorter cycles; for example, 22 days. Any woman's menstrual cycle can vary between 20 and 40 days from month to month.



UNIT 2
Exercise 6

STATEMENTS ABOUT SEXUALITY

Answer TRUE (T) or FALSE (F). Write "T" or "F" before each sentence.

1. _____ The testes are the male sex glands.
2. _____ The fallopian tubes are the female sex glands.
3. _____ Hormones are chemicals.
4. _____ The sex glands produce sex hormones.
5. _____ Testosterone is a female sex hormone.
6. _____ Estrogen is a male sex hormone.
7. _____ Semen and urine leave the body at the same time.
8. _____ Boys usually start puberty before girls do.
9. _____ Puberty begins because the sex glands produce sex hormones.
10. _____ Many physical changes take place during puberty.

UNIT 2
Exercise 7

SEXUALITY VOCABULARY

Each word in Column A has a matching description in Column B. Write the letter from Column B next to the word in Column A. The first word is matched for you.

Column A	Column B
1. __d__ male	a. female sex cell
2. ____ testes	b. female sex hormone
3. ____ vagina	c. female sex gland
4 ____ puberty	d. man
5. ____ menstruation	e. male sex cell
6. ____ sperm	f. male sex hormone
7. ____ egg	g. male sex glands
8. ____ ovary	h. period
9. ____ womb	i. becoming sexually mature
10. ____ testosterone	j. birth canal
11. ____ estrogen	k. uterus

SEXUALITY

Put a check mark (✓) in front of the answer which best completes the sentence.

1. Only one system works differently in male and female bodies. It is the

   ( ) digestive system.
   ( ) reproductive system.
   ( ) blood system.
   ( ) respiratory system.

2. One of the parts of the body which does not belong to the female reproductive system is the

   ( ) fallopian tube.
   ( ) ovary.
   ( ) vagina.
   ( ) vas deferens.

3. One of the parts of the body which does not belong to the male reproductive system is the

   ( ) uterus.
   ( ) penis.
   ( ) testes.
   ( ) scrotum.

4. Before it is born, a baby grows inside the

   ( ) stomach.
   ( ) vagina.
   ( ) uterus.
   ( ) cervix.

5. Sperm cells are produced in the

   ( ) testes.
   ( ) penis.
   ( ) scrotum.
   ( ) bladder.

6. Semen is a combination of

   ( ) urine and sperm cells.
   ( ) sperm cells and egg cells.
   ( ) sperm cells and fluid.
   ( ) fluid and egg cells.

7. For girls, puberty usually begins

   ( ) at birth.
   ( ) between the ages of 8 and 10.
   ( ) between the ages of 9 and 16.
   ( ) between the ages of 16 and 25.

8. For boys, puberty usually begins

   ( ) at 13.
   ( ) between the ages of 12 and 18.
   ( ) between the ages of 18 and 21.
   ( ) between the ages of 21 and 25.

9. A menstrual cycle is repeated about every

   ( ) season.
   ( ) week.
   ( ) year.
   ( ) month.

10. The lining of the uterus is made of

    ( ) tissue.
    ( ) blood.
    ( ) tissue and blood.
    ( ) tissue and glands.

MORE STATEMENTS ABOUT SEXUALITY

Answer TRUE (T) or FALSE (F). Write "T" or "F" before each sentence.

1. ____ An egg cell leaves an ovary about once a month.
2. ____ The egg cell moves through the fallopian tube toward the uterus. This process is called ejaculation.
3. ____ The egg cell travels from the ovary to the uterus in a few days.
4. ____ The joining of an egg cell with a sperm cell is called ovulation.
5. ____ The lining of the uterus and the unfertilized egg leave the body through the vagina. This process is called menstruation.
6. ____ Menstruation can last from two to seven days.
7. ____ Menstruation usually starts between the ages of 9 and 16.
8. ____ A sanitary napkin or tampon should be used during menstruation.
9. ____ A sanitary napkin should be flushed down the toilet.
10. ____ Sanitary napkins or tampons can be purchased from machines in public restrooms for females.

UNIT 2
Review and Test 3

SEXUALITY

Fill in the blanks with the correct word(s).

1. The female reproductive system has four main parts:

   _____ , _____, _____, and _____.

2. The _____ leads from the uterus to the outside of the body.

3. The uterus is located between the _____.

4. A _____ grows inside the uterus before it is born.

5. The main parts of the male reproductive system are the _____,

   _____, and a system of _____.

6. The testes produce _____.

7. A tube passes through the center of the penis. It is called the _____.

8. _____ passes out of the body through the urethra.

9. There is a tube leading from each testis. The tubes are called the _____ _____.

10. _____ _____ go through the vas deferens into the urethra.

11. The walls of the uterus are made of _____.

12. The first day of the menstrual period is also the first day of the menstrual _____.

13. Before ovulation, the walls of the _____ grow a lining.

14. The unfertilized egg and the lining of the uterus leave the body through the vagina. This is called _____.

UNIT 3

HUMAN REPRODUCTION

Human beings are often attracted to one another. They can develop friendly and sexual relationships with one another. They are sexual partners when they have sexual contact/intercourse. Human reproduction begins during sexual intercourse. Sperm cells from a man enter the vagina of a woman.

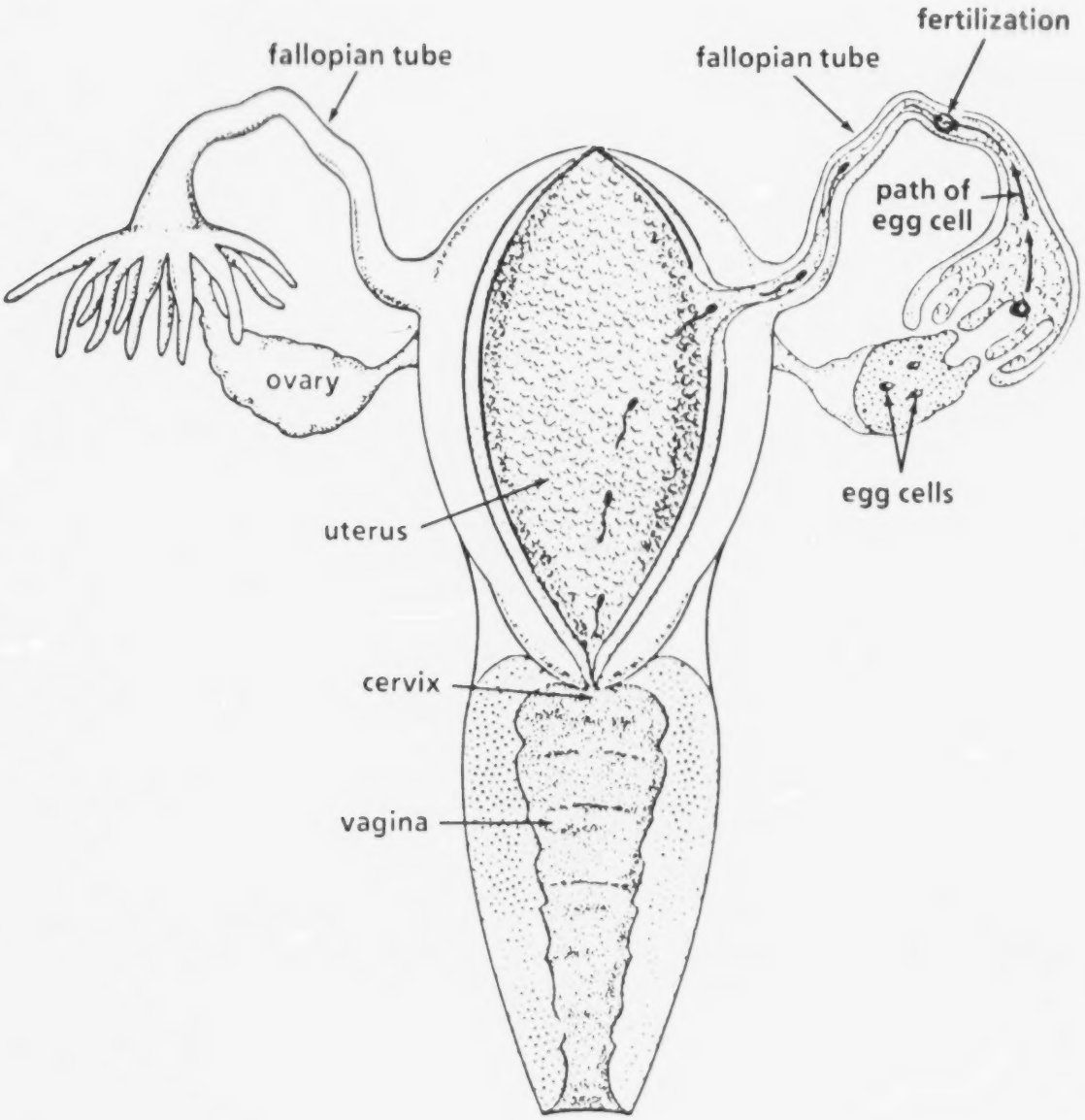
Sexual Intercourse

- A man puts his erect (hard) penis into a woman's vagina. This is called sexual intercourse. Sexual intercourse is usually more than a physical act. Humans have sexual intercourse because they love each other.

- When a man becomes sexually excited; his penis becomes erect (hard). This is called an erection. When a woman becomes sexually excited; her vagina becomes moist (wet). A man's body and a woman's body move together during sexual intercourse. This movement causes the man and the woman to become more sexually excited. Sexual excitement can cause orgasm for the man and the woman. Orgasm is the climax (peak) of sexual excitement. During the man's orgasm, semen is ejaculated (comes out) from the penis. It goes into the vagina. There are millions of sperm cells in the semen of each ejaculation. The penis becomes soft after ejaculation.

Fertilization

- When the sperm cells enter the vagina, they begin to move. The sperm cells move their tails back and forth. The sperm cells travel through the cervix. Then they move into the uterus and up the fallopian tubes. Sometimes there is an egg cell in one of the fallopian tubes. A sperm cell can unite (join) with the egg cell. This action is called fertilization.

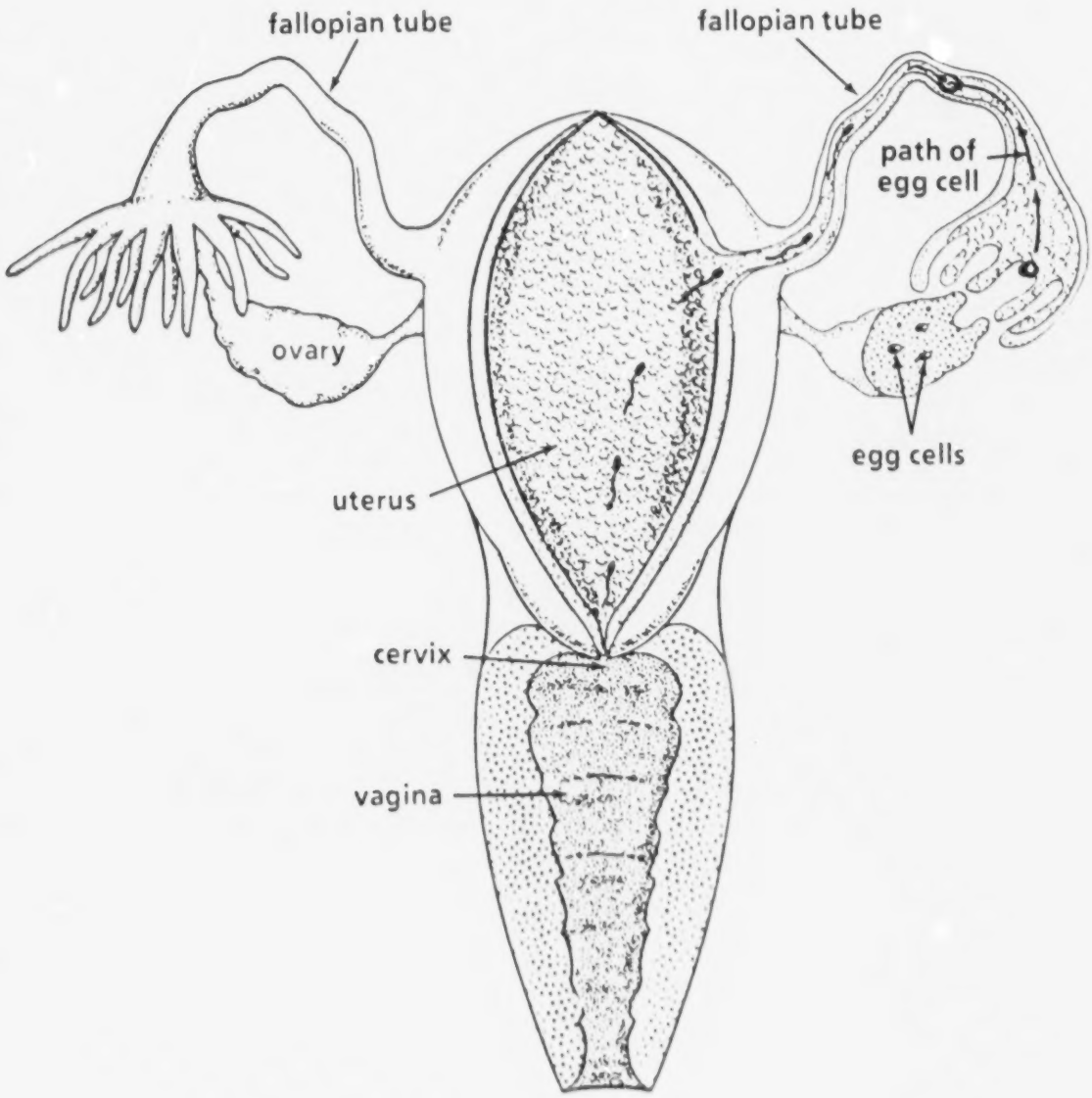


- An egg cell and a sperm cell unite (join) in one of the fallopian tubes.
- The union (joining) of an egg cell and a sperm cell is called fertilization. The egg cell and sperm cell combine to form one cell. This fertilized egg cell begins to develop (form) into a new human being.
- There are millions of sperm cells in a man's semen. Only one sperm cell can enter an egg cell. The other sperm cells die in two or three days.

UNIT 3
Exercise 1

FERTILIZATION

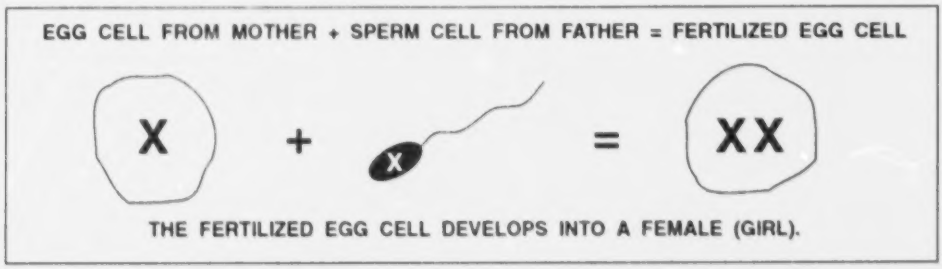
Look at the picture below. Where does fertilization (the joining of an egg cell and a sperm cell) take place? Draw an arrow (⟶) where fertilization takes place.



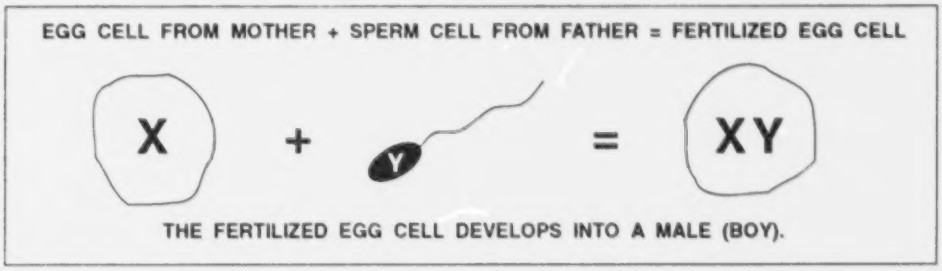
Sex of a Baby

- There are millions of cells in the human body. Each cell has 46 chromosomes. Twenty-three chromosomes come from the mother. Twenty-three chromosomes come from the father.
- Each chromosome has thousands of genes. Genes carry information from the parents. This information determines the way a person grows and develops. This information is called heredity. For example, you may have brown hair like your mother and blue eyes like your father, or you may have black hair like your mother and brown eyes like your father.
- There is one sex chromosome in each egg cell -- an X chromosome. There is one sex chromosome in each sperm cell -- an X or Y chromosome.
- The fertilized egg cell has the two sex chromosomes joined in it -- one from the egg cell (mother) and one from the sperm cell (father).
- The sex chromosome (X or Y) from the sperm cell (father) determines a baby's sex.

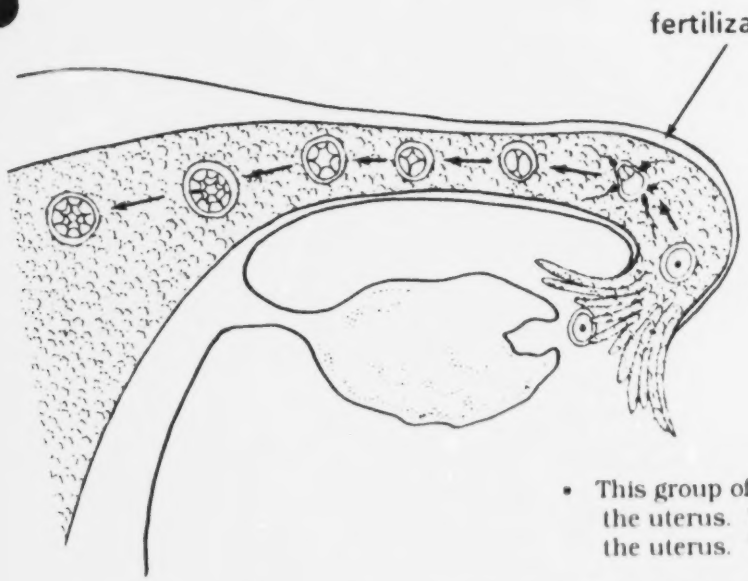
Suppose a sperm cell with an X chromosome fertilizes an egg cell. The fertilized egg cell will have two X chromosomes. The baby will be a female (girl).



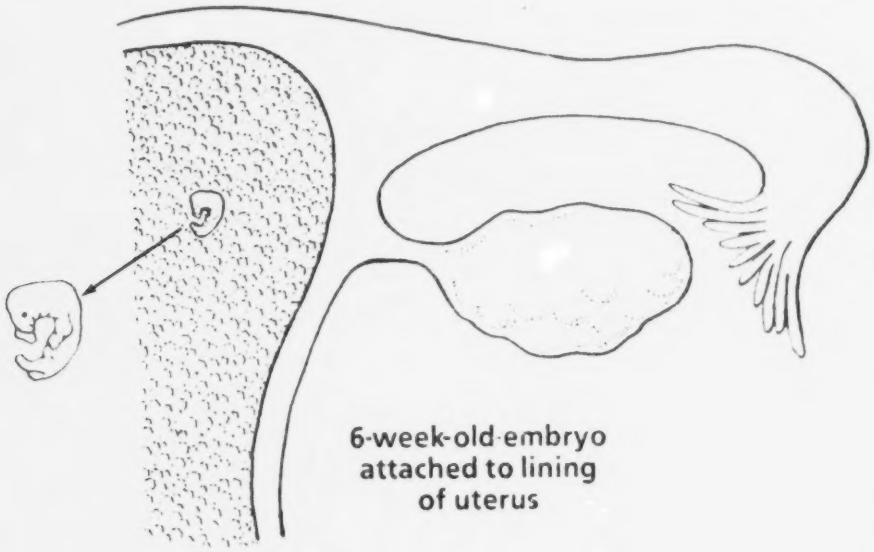
Suppose a sperm cell with a Y chromosome fertilizes an egg cell. The fertilized egg cell will have one X chromosome and one Y chromosome. The baby will be a male (boy).



EARLY DEVELOPMENT OF THE FERTILIZED EGG CELL



- The fertilized egg cell divides soon after fertilization. It begins to divide in the fallopian tube. Two new cells are formed. Each of these cells divides again. Then there are four cells. This happens many times.
- This group of cells moves from the fallopian tube to the uterus. The cells become attached to the lining of the uterus. This group of cells is called an embryo.
- The embryo continues to grow and change. It remains in the uterus for about nine months. Then the baby is ready to be born.



6-week-old embryo attached to lining of uterus

UNIT 3
Exercise 2

SEX OF A BABY

Fill in the blanks.

EGG CELL FROM MOTHER + SPERM CELL FROM FATHER = FERTILIZED EGG CELL

THE FERTILIZED EGG CELL DEVELOPS INTO A _____.

EGG CELL FROM MOTHER + SPERM CELL FROM FATHER = FERTILIZED EGG CELL

THE FERTILIZED EGG CELL DEVELOPS INTO A _____.

UNIT 3
Review and Test 1

STATEMENTS ABOUT HUMAN REPRODUCTION

Answer TRUE (T) or FALSE (F). Write "T" or "F" before each sentence.

1. ____ A man puts his erect penis into a woman's vagina. This is called sexual intercourse.
2. ____ Orgasm is the climax (peak) of sexual excitement.
3. ____ Both men and women can have orgasms.
4. ____ Semen is ejaculated when a man has an orgasm.
5. ____ A sperm cell can unite with an egg cell in the vagina.
6. ____ A sperm cell can unite with an egg cell in one of the fallopian tubes.
7. ____ Millions of egg cells are in the fallopian tubes.
8. ____ Millions of sperm cells are in the semen.
9. ____ Sometimes two sperm cells fertilize one egg cell.
10. ____ Sperm cells can live for a week.
11. ____ Twenty-three chromosomes come from the mother. Twenty-three chromosomes come from the father.
12. ____ The sperm cell has an X or a Y chromosome.
13. ____ The egg cell always has an X chromosome.
14. ____ The sex chromosome of the sperm cell determines the baby's sex.

UNIT 3
Review and Test 2

HUMAN REPRODUCTION

Fill in the blanks with the correct word(s) or number(s).

1. Semen contains millions of _____.
2. A sperm cell can fertilize an egg cell in one of the _____ _____.
3. The joining of an _____ _____ and a _____ _____ is called fertilization.
4. The fertilized egg cell will grow into a new _____ _____.
5. The sex of the baby is determined by the _____.
6. Every cell in the body has 46 _____.
7. Chromosomes have genes. Genes carry information from your _____. This information determines how you grow and develop.
8. An egg cell has _____ chromosomes. (Write the correct number.)
9. A sperm cell has _____ chromosomes. (Write the correct number.)
10. The sex chromosome in the _____ cell is X.
11. The sex chromosome in the _____ cell can be X or Y.
12. If a cell with an X chromosome fertilizes a cell with a Y chromosome, the baby will be a _____.
13. If a cell with an X chromosome fertilizes a cell with an X chromosome, the baby will be a _____.
14. The fertilized egg cell attaches to the lining of the _____.
15. The baby grows in the uterus for approximately _____ months.

UNIT 4

PREGNANCY

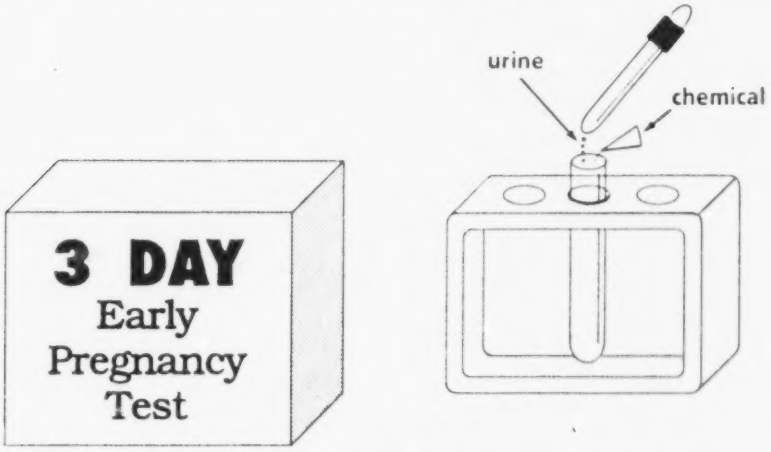
Pregnancy is a condition in which a woman has a baby growing in her uterus.

Early Signs of Pregnancy

- The first sign of pregnancy is when menstruation stops. This change means an embryo is developing in the uterus. The lining of the uterus stays in the body. The ovaries do not release (send out) egg cells.
- A woman's breasts get larger. She has to urinate more often.
- Some women feel nauseous during the first months of pregnancy. Sometimes they have to vomit (throw up). This often happens in the morning; it is called "morning sickness." Nausea and vomiting usually stop in the fourth month of pregnancy, but some women feel sick for nine months.

Testing for Pregnancy

- There is a simple test for pregnancy. A woman can get this test from a doctor or a clinic.
- A woman can also test for pregnancy at home. The test materials are sold together in a box. A woman can buy this test at a drugstore. She does not need a prescription. She must follow the directions carefully.
  - Put a small amount of urine in the test tube.
  - Add the chemical.
  - Wait about 45 minutes.
  - The color of the urine changes.
  - Check the color chart. The color will tell whether or not the woman is pregnant.

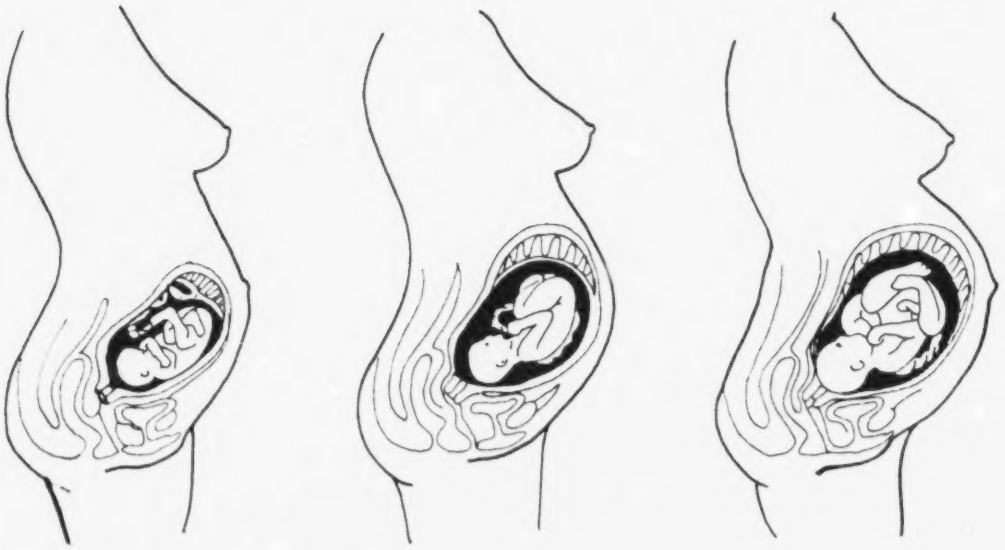


A Home Pregnancy Test

Body Changes in the Mother

- As the fetus grows large: the uterus grows larger, too. The fetus begins to take up more space inside the mother. A woman usually starts to look pregnant in the tenth week (third month). Her abdomen gets bigger.

- A woman also gains weight (usually between 20 and 40 pounds). The weight of the baby causes some of the weight gain. A pregnant woman gains most of her weight because of other body changes.



3 months 6 months 9 months

Miscarriage

- Sometimes a pregnancy ends too soon. The baby does not develop properly. The mother's body rejects (pushes out) the fetus. This is called a miscarriage.

Prenatal Care

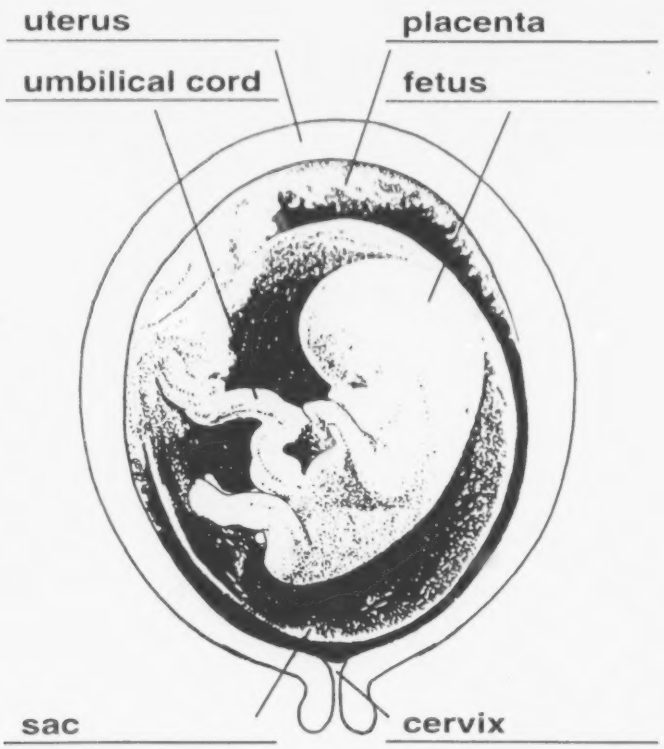
- Pregnant women need special care. This special care is called prenatal (before birth) care.
- As soon as a woman becomes pregnant, she should go to an obstetrician. An obstetrician is a special doctor. An obstetrician takes care of pregnant women and delivers babies.
- A pregnant woman sees her doctor often. The doctor makes sure the mother and the fetus are healthy.
- A pregnant woman must eat the right kinds of food. All food for the fetus comes from the mother. The fetus needs the right kinds of food in order to develop properly and to be healthy. A pregnant woman should eat fresh fruits and vegetables. She should drink milk and eat cheese and other dairy products. An obstetrician tells a pregnant woman what to eat.
- A pregnant woman should get enough rest and exercise. Swimming and walking are good exercise.

Dangers for the Unborn Baby

- Smoking is **very** harmful (dangerous) during pregnancy. Smoking increases the chance of miscarriage.
- Drinking alcohol is also dangerous during pregnancy. Alcohol can harm an unborn baby.
- Drugs and medicine can also harm an unborn baby. A pregnant woman should always ask her obstetrician before she takes any medicine.
- Sometimes people become addicted to drugs (for example, heroin or cocaine) or alcohol. These people cannot stop taking drugs or alcohol. An addicted mother can give birth to an addicted baby. These babies are born very sick.
- A woman with a sexually transmitted disease (a disease passed from one person to another during sexual contact) can give the disease to her unborn baby. (See Unit 7 for information about Chlamydia, Gonorrhea, Syphilis, Genital Herpes, and AIDS.)
- X-rays are dangerous. Pregnant women should not have any X-rays taken.

Development of the Embryo

- The embryo attaches to the uterus. At first, all the cells of the embryo are alike. The cells change quickly. They begin to do different things.
- Certain cells from the embryo form a sac (bag). The sac is filled with fluid (liquid). The fetus lives and grows in this sac. The fluid in the sac protects the fetus.
- The heart, brain, lungs, and stomach of the fetus begin to develop. The placenta also begins to develop. The placenta is a special organ (body part). It is round and flat. It is filled with blood vessels (tubes). The placenta is connected to the inner wall of the uterus.
- The placenta is also connected to the baby. It is connected by a cord. This cord is called the umbilical cord.
- The baby gets all of its food and oxygen (air) from its mother. The food and oxygen pass from the mother's blood vessels through the placenta and the umbilical cord to the baby.
- Waste products (things the body doesn't need) are carried away from the baby through the placenta too. The waste products return to the mother's body. They leave the mother's body with her waste products.

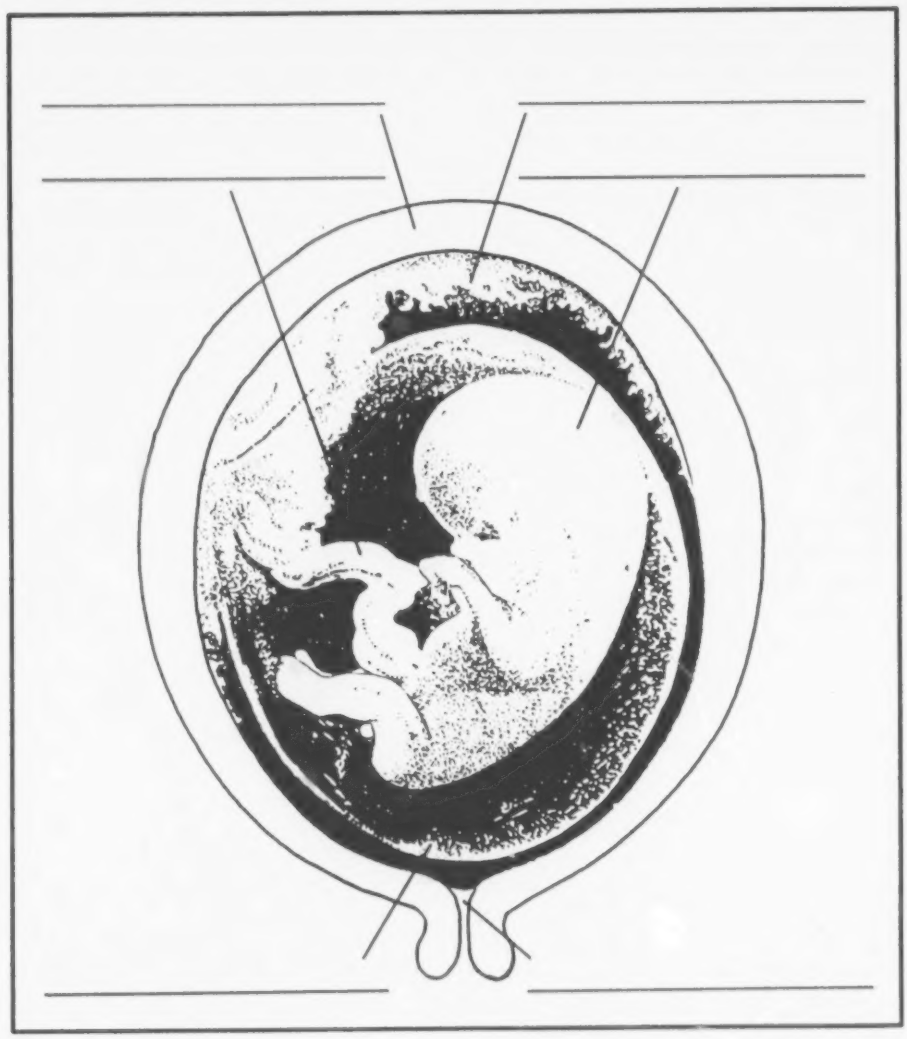


UNIT 4
Exercise 1

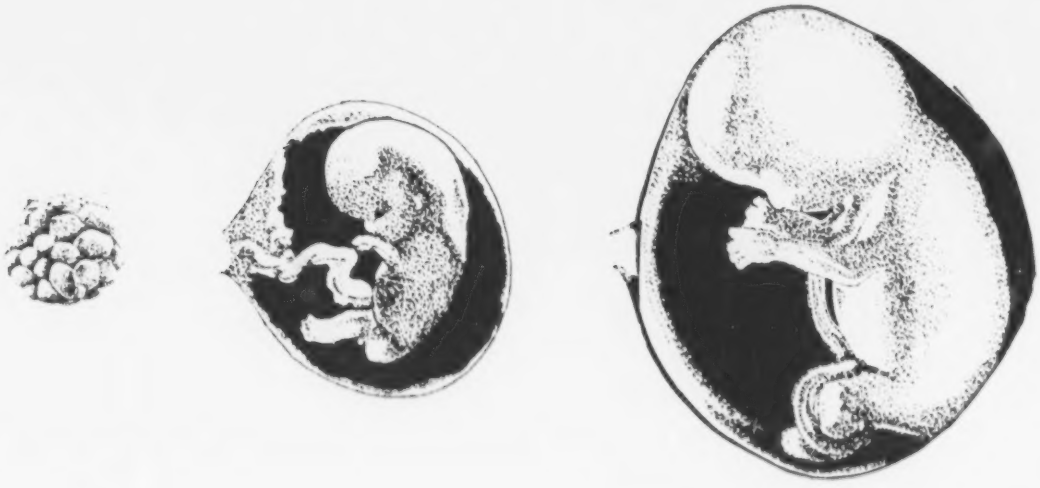
PARTS OF A PREGNANCY

Identify the parts of the picture below. Write the correct word or words on each line. Use the words in the box.

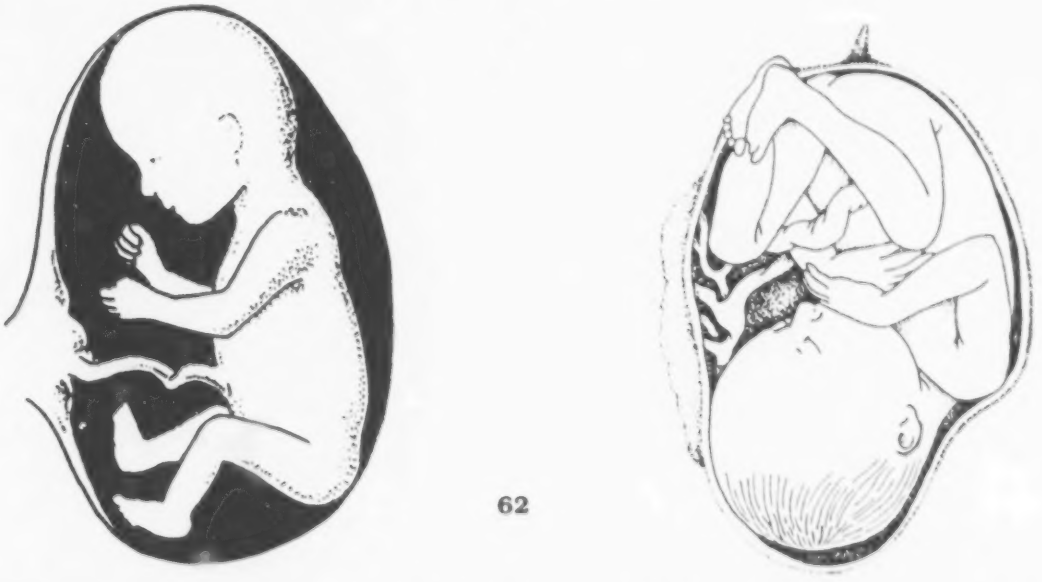
cervix	placenta	umbilical cord
fetus	sac	uterus



Growth of the Fetus



- There are many changes in the embryo during the first three months of pregnancy. The embryo grows to one or two inches long. The embryo begins to look like a human being. The legs and arms begin to form. The eyes, nose, and mouth also begin to develop. After the first two months, the embryo is called a fetus.
- The fetus continues to grow. Bones become (grow) hard. Muscles can move. Fingers and toes develop. Hair and nails form.
- In the fourth month of pregnancy, a woman can feel the baby moving. However, the fetus is not ready to live outside the mother's body. The fetus grows and develops in the mother for about five more months.



DEVELOPMENT OF A BABY

TIME	SIZE
One day	One cell (This cell is the size of a pin hole in a piece of paper.)
7 days	Very tiny
4 weeks	Length: $\frac{1}{4}$ inch
2 months	Length: 1 inch
3 months	Length: 3 inches Weight: $\frac{1}{2}$ ounce
4 months	Length: 6 inches Weight: 4 ounces
5 months	Length: 10 inches Weight: 1 pound
6 months	Length: 12 inches Weight: $1\frac{1}{2}$ pounds
7 months	The fetus continues to grow and gain weight
9 months	At birth, a baby is usually from 18 to 22 inches long and weighs 6 to 8 pounds.

DEVELOPMENT OF A BABY

TIME	GROWTH AND CHANGE
One day	Fertilization--the egg and sperm cell combine.
7 to 12 days	A hollow ball of cells attaches itself to the uterus.
4 weeks	The heart begins to beat.
2 months	The arms, legs, brain, and body organs begin to form.
3 months	The fingers, toes, and face develop.
4 months	The bones form and the fetus kicks and moves.
5 months	Hair grows and the fetus can suck its thumb.
6 months	The eyes are open and can move. The fetus can reach for things with its hands.
7 months	The fetus can live outside the mother, but it needs special care in the hospital.
9 months	The baby is born.

UNIT 4
Exercise 2

STATEMENTS ABOUT PREGNANCY

Place a check mark (✔) next to all of the correct statements.

Early Signs of Pregnancy

There are 3 correct statements below. Check them.

1. ( ) Menstruation stops. This is the first sign of pregnancy.
2. ( ) A pregnant woman's breasts get larger.
3. ( ) A pregnant woman has to urinate less often.
4. ( ) Some pregnant women feel nauseous during the first months of pregnancy.
5. ( ) Nausea and vomiting during pregnancy is called motion sickness.

Prenatal Care

There are 3 correct statements below. Check them.

6. ( ) Prenatal care means care before birth.
7. ( ) An obstetrician cares for teeth and gums.
8. ( ) All food for the fetus comes through the placenta.
9. ( ) A pregnant woman needs both rest and exercise.
10. ( ) Soccer and horseback riding are good exercise for pregnant women.

Development of a Baby

There are 3 correct statements below. Check them.

11. ( ) The placenta is connected to the baby by a cord. The cord is called the Fallopian Cord.
12. ( ) After the first two months, the embryo is called a fetus.
13. ( ) Beginning in the fourth month of pregnancy, a woman can feel the baby moving.
14. ( ) At four weeks, the baby's heart begins to beat.
15. ( ) At birth, a baby usually weighs from 15 to 20 pounds.

UNIT 4
Exercise 3

PREGNANCY VOCABULARY

Write the correct word in each blank space. Use the words in the box.

fetus miscarriage pregnancy prenatal umbilical cord

1. _____ - a baby is growing in a woman's uterus

2. _____ - an embryo after two months

3. _____ - a pregnancy ends too soon

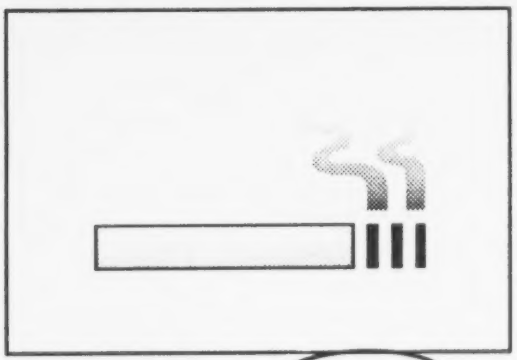
4. _____ - connects the baby and the mother

5. _____ - before birth

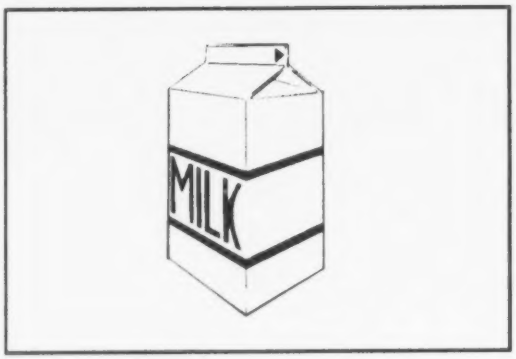
UNIT 4
Exercise 4

CHOICES DURING PREGNANCY

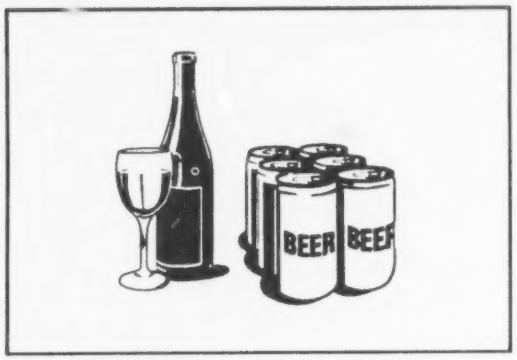
Circle the correct answer. The first is done for you.



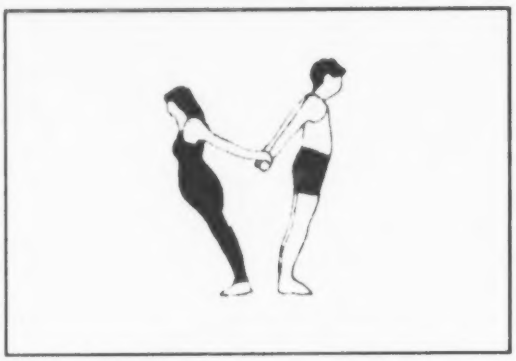
yes (no)



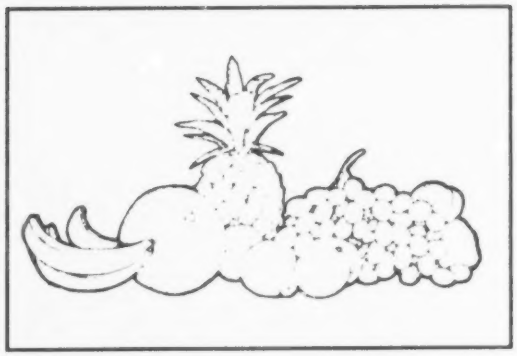
yes no



yes no



yes no



yes no

yes no

STATEMENTS ABOUT PREGNANCY

Answer TRUE (T) or FALSE (F). Write "T" or "F" before each sentence.

1. _____ A fetus grows in a sac filled with liquid.
2. _____ A fetus gets all of its food and oxygen from its mother.
3. _____ The umbilical cord connects the mother's body and the body of the fetus.
4. _____ Food and oxygen go through the umbilical cord to the fetus.
5. _____ The embryo begins to change in the fourth month.
6. _____ During the first three months: arms, legs, and other body parts of the embryo start to develop.
7. _____ A woman can feel the fetus move beginning in the second month of pregnancy.
8. _____ The fetus grows in the mother for about eleven months.
9. _____ A baby can live outside the mother's body after seven months of pregnancy.
10. _____ When a woman's menstruation stops, this is the first sign of pregnancy.

MORE STATEMENTS AOBUT PREGNANCY

Answer TRUE (T) or FALSE (F). Write "T" or "F" before each sentence.

1. ____ Most of the weight a pregnant woman gains is the weight of the baby.
2. ____ Most women start to look pregnant in the seventh or eighth month of pregnancy.
3. ____ A pregnant woman must eat the right kinds of food so the fetus can develop properly.
4. ____ A pregnant woman should see her doctor often.
5. ____ Smoking increases the chance of a miscarriage.
6. ____ Cigarettes and alcohol are good for an unborn baby.
7. ____ An addicted woman can give birth to an addicted baby.
8. ____ A baby cannot get a venereal disease from its mother.
9. ____ X-rays are dangerous for a pregnant woman.
10. ____ A pregnant woman should ask her doctor about any medicine before she takes it.

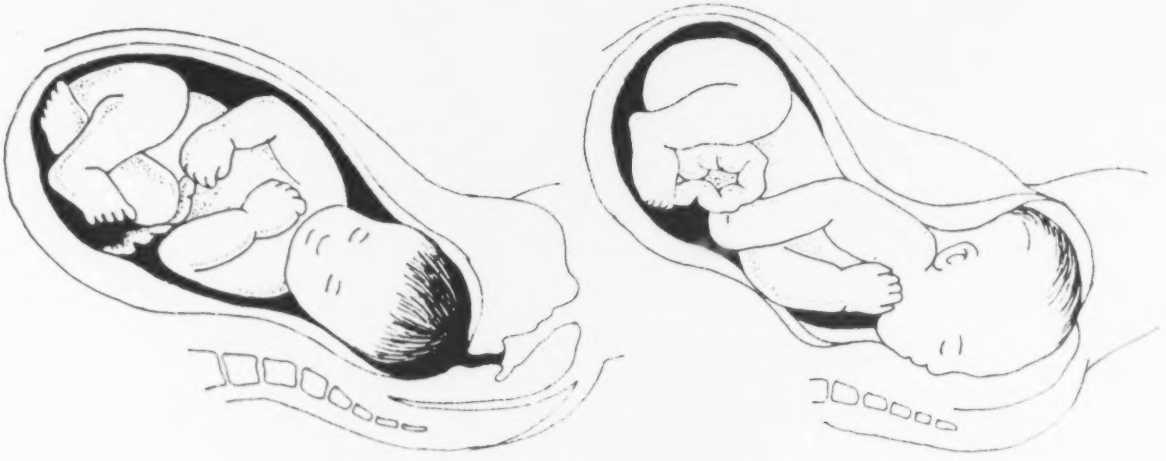
UNIT 5

CHILDBIRTH

A baby develops inside the mother for about nine months. Then the baby is ready to be born. Most babies are born in hospitals. Mothers can get special medical help in hospitals.

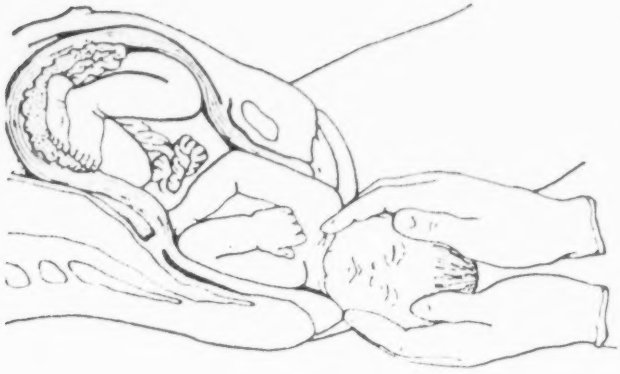
First Stage

- The muscles in the uterus begin to contract (squeeze). As the muscles of the uterus squeeze, they push the baby out of the mother's body. The mother works very hard giving birth to her baby. This process is called "labor."
- The first contractions (squeezes) are not very strong. They feel like muscle cramps.
- These contractions are usually about twenty minutes apart. Slowly, the contractions become stronger and closer together.
- The cervix becomes wider during the first stage of labor. The baby's head is pushed into the birth canal (vagina). This stage of labor can go on for several hours.
- Remember that the fetus lives inside a sac (bag) during pregnancy. (See page 60.) This sac is filled with fluid (liquid).
- Sometimes the sac breaks during the first stage of labor. Sometimes it breaks later in labor. The liquid in the sac comes out through the vagina.



Second Stage

- The contractions become stronger during the second stage of labor. The baby's body is pushed into the birth canal. The contractions move the baby through the canal. The walls of the vagina stretch (become wider).



- The doctor helps as the mother pushes the baby out.

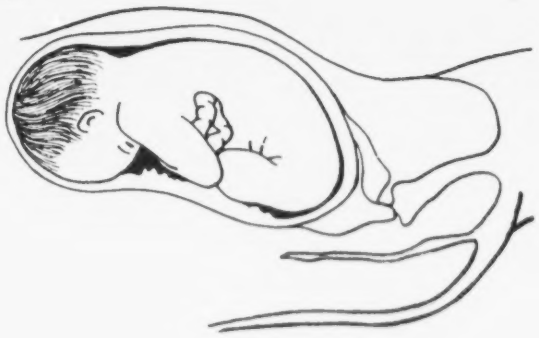
- The baby is born! The baby is still connected to the mother by the umbilical cord. The doctor ties the umbilical cord. Then the doctor cuts the umbilical cord near the baby's body. This spot is called the navel or belly button.
- Labor (from the beginning to birth) lasts about 12 to 15 hours for the first baby.

Third Stage

- The uterus continues to contract during the third stage of labor. These contractions push out the afterbirth (the placenta and the rest of the umbilical cord). Then the contractions stop.

- Gradually, the uterus returns to its normal size.

Unusual Births



- Most babies are born headfirst. Sometimes a baby is born feet first. This is called a breech birth. A breech birth usually takes longer than a headfirst birth. The baby may need more help from the doctor.

- If regular childbirth is dangerous for the mother or the child. The doctor operate. This operation is called a cesarean section ("C"-section). A cut is made through the mother's abdomen (stomach) and into the uterus. The baby is lifted out, and the opening in the stomach is closed.

The Baby at Birth

- Most babies cry the minute they are born. This is the baby's first breath. A baby does not use its lungs before birth. After birth the baby must breathe by itself.

- If a baby does not cry immediately after birth, the doctor hits the baby lightly on its buttocks or feet.

- Special drops are immediately put into the baby's eyes. These drops prevent (stop) blindness. Blindness can be caused by gonorrhea (a venereal disease) from the mother. (See page 90.)

- The baby is washed, weighed, and measured.

UNIT 5
Exercise 1

STATEMENTS ABOUT CHILDBIRTH

Place a check mark (✔) before all the correct statements.

First Stage

There are three correct statements below. Check them.

1. ( ) The cervix becomes wider.
2. ( ) The baby's head is pushed into the birth canal.
3. ( ) Sometimes the sac breaks during the first stage.
4. ( ) The baby's body is pushed into the birth canal.
5. ( ) The baby is born.

Second Stage

There are three correct statements below. Check them.

6. ( ) The cervix becomes wider.
7. ( ) The baby's head is pushed into the birth canal.
8. ( ) The baby's body is pushed into the birth canal.
9. ( ) The baby is born.
10. ( ) The doctor cuts the umbilical cord.

Third Stage

There are three correct statements below. Check them.

11. ( ) The placenta and the rest of the umbilical cord are pushed out.
12. ( ) The baby is born.
13. ( ) The afterbirth is the placenta and the rest of the umbilical cord.
14. ( ) The doctor cuts the umbilical cord.
15. ( ) Gradually, the uterus returns to its normal size.

UNIT 5
Exercise 2

THE STAGES OF LABOR

The 3 stages of labor are described below. Read the description in each box. Write the correct number in each box.

The uterus contracts. The afterbirth (the placenta and the rest of the umbilical cord) comes out of the mother's body.

This is stage _____.

The uterus contracts. The cervix becomes wider. The baby's head is pushed into the birth canal.

This is stage _____.

The uterus contracts. The baby's body is pushed through the birth canal. The baby is born.

This is stage _____.

MORE STATEMENTS ABOUT CHILDBIRTH

Answer TRUE (T) or FALSE (F). Write "T" or "F" before each sentence.

1. ____ A fetus develops inside the mother for about nine months.
2. ____ The muscles of the uterus contract. This process is called labor.
3. ____ There are four stages of labor.
4. ____ The cervix becomes wider in the first stage of labor.
5. ____ A fetus lives inside a sac before it is born.
6. ____ The fetus is connected to the mother by the umbilical cord.
7. ____ The baby is born during the third stage of labor.
8. ____ The afterbirth is pushed out by contractions of the uterus.
9. ____ Sometimes a baby is born buttocks or feet first. This is called a foot birth.
10. ____ Special drops are put into a newborn baby's ears.

UNIT 6

BIRTH CONTROL

Sometimes a man and woman want to have sexual intercourse but do not want to have a baby. They should use birth control. Birth control prevents (stops) pregnancy. There are three basic kinds of birth control: abstinence, contraceptives, and sterilizing operations.

Abstinence

Abstinence means a man and a woman do not have sexual intercourse at all.

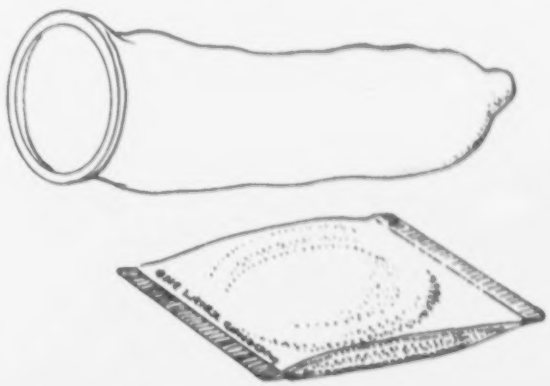
- Abstinence is a very good method of birth control. This method is 100% sure.
- If partners do not want to worry about pregnancy, they use abstinence. They say "No!" to intercourse.
- If partners do not want to be parents before they are ready, they use abstinence. They say "No!" to intercourse.
- If partners do not want to have an STD (Sexually Transmitted Disease: AIDS, chlamydia, gonorrhea, syphilis, genital herpes), they use abstinence. They say "No!" to intercourse.
- If partners want to finish school, they use abstinence. They say "No!" to intercourse.

Contraceptives

Contraceptives are devices (things), medicine, or activities that prevent pregnancy.

<u>Condoms</u>

- A condom is often called a "rubber." A man wears a condom. He puts it over his erect penis. The condom prevents (stops) sperm cells from entering a woman's vagina. A condom also protects the man and the woman from sexually transmitted disease.
- Condoms are a good method of birth control. This method is 90% sure, but condoms must be used correctly.
- Condoms are not expensive. Men or women can buy condoms in a drugstore. You do not need a prescription.
- Use condoms for safe sex.

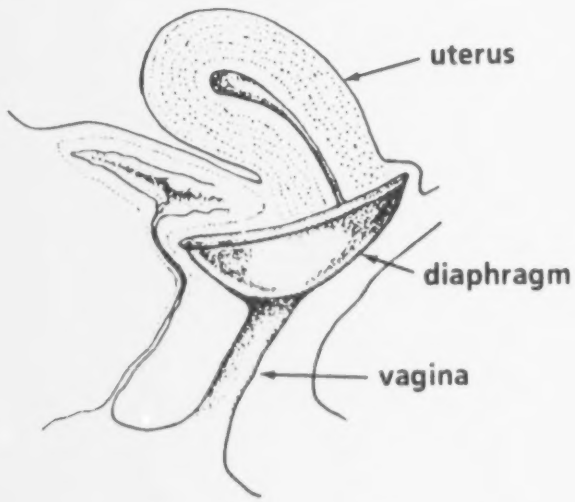


Diaphragms

- A woman uses a diaphragm. A diaphragm is made of rubber. Contraceptive cream or jelly is placed on the diaphragm. The diaphragm is placed in the cervix. Sperm cells cannot enter the uterus.

- The diaphragm is a good method of birth control. It must be used with a contraceptive cream or jelly and inserted correctly. The diaphragm is 96% sure.

- A woman needs a prescription to get a diaphragm. She can buy a diaphragm at a drugstore. A doctor must fit a diaphragm. The doctor shows a woman how to put in the diaphragm. The doctor should check a woman's diaphragm every year.



Chemical Contraceptives

- A woman uses chemical contraceptives (foam, cream, or jelly). Contraceptives kill sperm cells before they get to an egg cell. A chemical contraceptive is placed in the vagina before intercourse.

- Some women use a chemical contraceptive without a condom or a diaphragm. This is not a good method of birth control. A chemical contraceptive should always be used with a condom or a diaphragm.

- Drugstores sell chemical contraceptives. Contraceptives can be bought without a prescription.

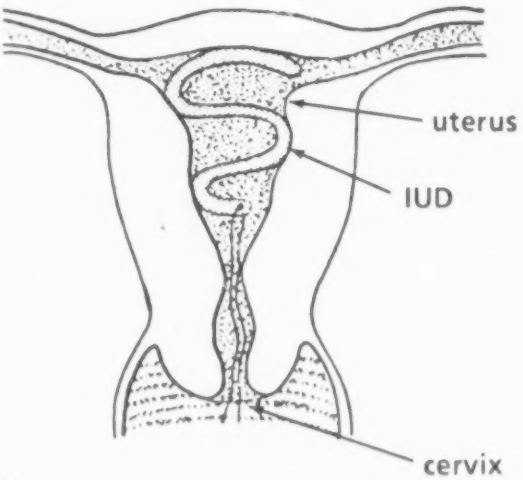
- Do not confuse contraceptives with feminine hygiene (cleanliness) products. Feminine hygiene products stop odor. They do not prevent pregnancy.

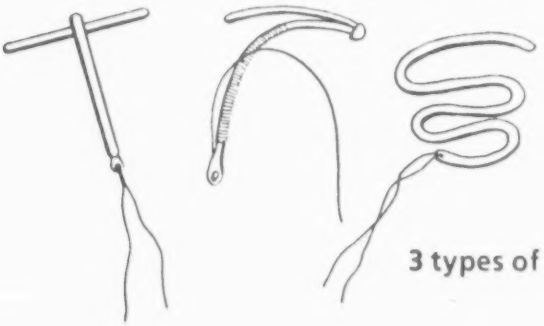
IUD

- The letters "IUD" stand for "intrauterine device." An IUD is a small coil or loop. It is made of plastic or metal. A doctor places it in a woman's uterus. An IUD prevents a fertilized egg cell from attaching itself to the wall of the uterus.

- The IUD is a very good method of birth control. It is 96% sure. A woman does not have to put an IUD in and take it out. An IUD can stay in a woman's body for several years.

- An IUD has some side effects (dangers). A woman's menstrual flow may be heavier. She may have cramps (pain). The IUD can perforate (tear) the uterus. Infection (disease) can result. Also, sometimes the uterus rejects (pushes out) the IUD.





3 types of IUDs

Birth Control Pills

- Women take birth control pills. The pills contain synthetic (man-made) hormones. These hormones stop the ovaries from releasing (letting go of) any eggs.

- Birth control pills can cause health problems in certain women. For example, smokers over thirty-five years of age should not take the pills. A doctor can help a woman make a decision about using birth control pills.

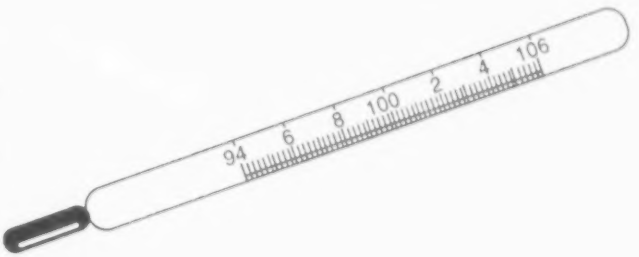
- Birth control pills are a very good method of birth control. They are 99% sure.

birth control pills

Rhythm Method

- Some people do not want to use contraceptives for religious reasons. They can use the rhythm method.

- A woman's body temperature goes up when an egg cell is released. A woman can take her temperature every morning with a special thermometer. A woman should not have intercourse on the days her temperature is high. Higher temperatures last for a week or more each month.



- The rhythm method is not a good method of birth control. If a woman has a cold or a fever, her temperature is higher because she is ill. A woman cannot use the rhythm method when she is ill. Some women have irregular (not the same every month) menstrual cycles. They should not use this method.

Douching

- Some women try to prevent pregnancy by douching (rinsing the vagina) with water or a chemical solution (mixture). The woman pushes the solution into the vagina with a syringe after intercourse.

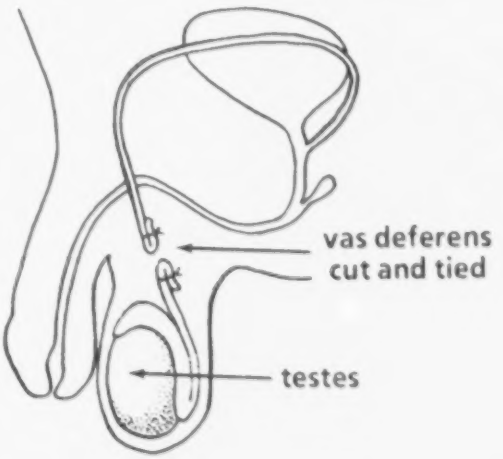
- Douching is not a good way to prevent pregnancy. Douching can move sperm toward the uterus.

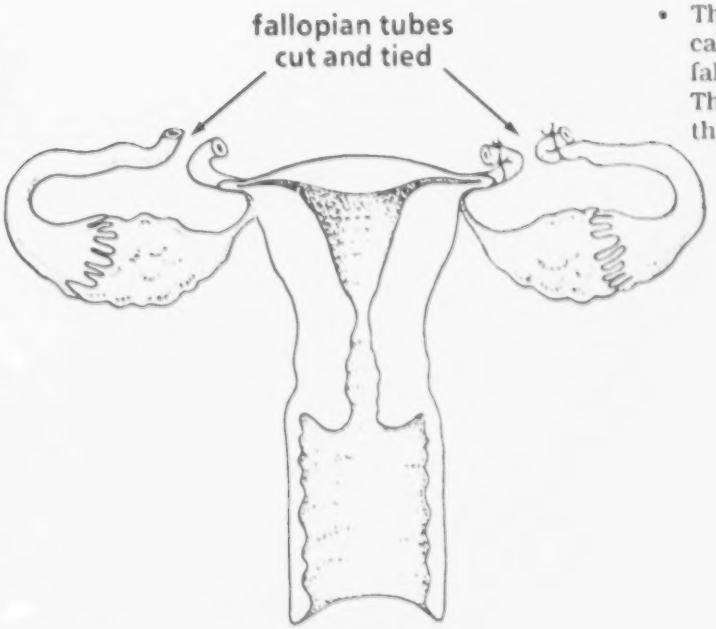
Withdrawal

- When partners use this method, the man removes his penis from the woman's vagina before ejaculation. If the penis is withdrawn (removed) too late, sperm cells enter the vagina. Withdrawal is not a good method of birth control. However, withdrawal before ejaculation is better than not withdrawing the penis. Less sperm will be deposited in the vagina.

Sterilization

- Sometimes a man or a woman does not want children and does not want to use contraceptives. The man or woman may decide on sterilization.
- Sterilization (cutting the tubes of the reproductive system) is a surgical operation. A doctor performs (does) the operation. A man or woman cannot have children after sterilization.
- This method of birth control is 100% sure.
- The sterilization operation for a man is called a vasectomy. The vas deferens are cut and tied. Sperm cells cannot leave the body through the penis. Semen is still ejaculated, but there are no sperm cells in the semen.



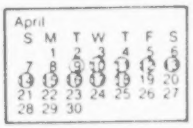
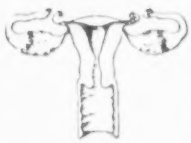


- The operation for a woman is called a tubal ligation. The fallopian tubes are cut and tied. The egg cells cannot get to the uterus.
- A sterilization operation is usually permanent (forever). It usually cannot be reversed (changed). People should think carefully before they have this operation.

COMPARISON OF METHODS

METHODS	Condom	Diaphragm	Chemical Contraceptives	IUD
How does the method work?	A condom doesn't permit sperm cells to reach an egg cell	A diaphragm doesn't permit sperm cells to reach an egg cell	A chemical contraceptive kills sperm cells	An IUD doesn't permit a fertilized egg cell to attach itself to the lining of the uterus
Is this a good method of birth control?	This method is about 90% certain; works best when used with chemical contraceptives.	This method is about 96% certain; works best when used with chemical contraceptives.	This method works best when used with a condom or a diaphragm.	**This method is about 96% certain. It must be put in place correctly and it must stay in place.**
Comments	No prescription is needed. A condom can be bought in a drugstore. It is not expensive. **A condom gives some protection against STD and AIDS.** Condoms must be used carefully because they can break or come off.	A prescription is needed. A diaphragm must be fitted by a doctor. A diaphragm must be in place before intercourse.	No prescription is needed. A chemical contraceptive can be bought in drugstores. Chemical contraceptives must be used just before intercourse.	A prescription is needed. An IUD must be put in place by a doctor. An IUD can cause cramps or heavy menstrual flow. An IUD can come out.

COMPARISON OF METHODS

Methods	Birth Control Pill	 Rhythm Method	 Sterilization
How does the method work?	A birth control pill stops the release of an egg cell from the ovaries.	Sexual partners cannot have sexual intercourse when the woman's temperature is high. **(See page 80.)**	For men: the vas deferens are cut and tied. Sperm cells can't leave the body. For women: the fallopian tubes are cut and tied. Egg cells can't get to the uterus.
Is this a good method of birth control?	This method is 99% certain.	This is not a good method.	This method is 100% certain.
Comments	A prescription is needed. The pill must be taken on regular schedule. The pill can cause health problems.	No prescription is needed. A special thermometer is needed. Careful records must be kept.	Must be done by a doctor. A permanent (forever) operation. Can't have children after sterilization.

A young man or woman who wants additional information and advice about birth control can talk to:

- Parents
- Doctor
- Planned Parenthood (The Planned Parenthood organization has clinics in every city. In Chicago, you can receive information from this organization by calling 427-2270.)

UNIT 6
Exercise 1

BIRTH CONTROL

Complete the sentences below. Use the words in the box. Use each word twice.

birth control pills chemical contraceptives condom diaphragm IUD

1. You can buy these in the drugstore without a prescription:

   _____ and _____

2. You can buy these in the drugstore with a prescription:

   _____ and _____

3. A doctor puts this in place:

   _____

4. A man wears this:

   _____

5. Women use these:

   _____

   _____

   _____

   _____

UNIT 6
Exercise 2

HOW WELL DOES IT WORK?

Think about the birth control methods which are listed below. Write each method in the correct column.

abstinence

birth control pills

chemical contraceptives only

condom

diaphragm

douching

IUD

rhythm

sterilization

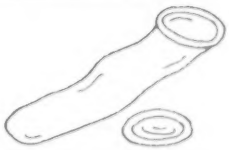
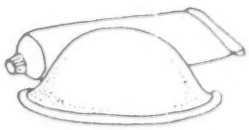
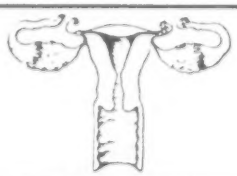
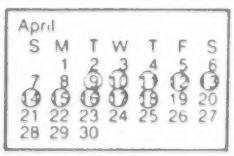
withdrawal

NOT GOOD	90% SURE	96% SURE	99% SURE	100% SURE

UNIT 6
Exercise 3

BIRTH CONTROL VOCABULARY

Write the correct word or words next to each picture. Use the words listed on the right.

condom

diaphragm

chemical contraceptives

IUD

birth control pills

rhythm method

sterilization

UNIT 6
Review and Test

STATEMENTS ABOUT BIRTH CONTROL

Answer TRUE (T) or FALSE (F). Write "T" or "F" before each sentence.

1. _____ Birth control prevents pregnancy.
2. _____ Abstinence means you do not have sexual intercourse at all.
3. _____ A woman wears a condom.
4. _____ A diaphragm works best with a chemical contraceptive.
5. _____ An IUD works best with a chemical contraceptive.
6. _____ Douching is a good method of birth control.
7. _____ Withdrawal is a good method of birth control.
8. _____ A sterilization operation is usually permanent.
9. _____ A tubal ligation (tubes cut and tied) is an operation for a woman.
10. _____ A vasectomy is an operation for a man.

UNIT 7

SEXUALLY TRANSMITTED DISEASE

Sexually transmitted disease (STD) is passed from one person to another during sexual contact (usually intercourse). STD is also called venereal disease (VD). The disease is very dangerous because people with STD may not know that they have it. VD must be treated early, or there can be permanent (lasting) damage to the body. Most people who get the disease are young (15 to 25 years old). A person can have more than one kind of STD at the same time.

Chlamydia

- Chlamydia is the most common type of STD. Certain bacteria cause chlamydia. The symptoms of chlamydia start 2 weeks to 1 month after sexual contact.

- Sometimes men have a discharge from the penis. The opening of the penis can burn and itch. Sometimes men with this STD have a burning pain when they urinate. Some men have no symptoms. Sometimes women have a discharge from the vagina, and the vagina burns and itches. Intercourse can be painful, and women can bleed between menstrual periods. Both men and women can have a low fever when the infection gets bad.

- When chlamydia bacteria go deeper into the reproductive system, the symptoms can go away. However, now the chlamydia can cause dangerous (difficult) pregnancies and sterility (inability to reproduce).

- A woman with chlamydia can pass the disease to her baby while it is still in her body. The disease can cause the baby to be born early, or it can kill the baby. Sometimes a baby gets the disease in the birth canal. Chlamydia can also cause pneumonia and blindness in babies.

- A doctor can cure chlamydia with tetracycline (a medicine). Penicillin (another medince) will not cure the disease. Early treatment prevents damage to the body.

- A person with chlamydia should complete medical treatment before continuing sexual contact.

- A man or woman with chlamydia should tell their sexual partner that they have the disease. Partners need medical treatment too.

Gonorrhea

- Gonorrhea is a very common type of STD. Certain bacteria cause gonorrhea. A person has sexual contact with an infected person (a person with the disease). Symptoms of gonorrhea start to show 3 to 9 days after sexual contact.

- Men have a milky discharge from the penis. Sometimes women have a discharge from the vagina. This discharge is yellow or white and causes irritation or itching. Sometimes men and women have burning pain when they urinate. But most women have no symptoms. They cannot know they have the disease.

- Gonorrhea can cause sterility. Sterility means you cannot have children. Gonorrhea can also damage the heart, bladder, kidneys, and joints.

- A woman with gonorrhea can pass the disease to her unborn baby. Most babies get special eye drops at birth. These eye drops can prevent blindness.

- A person with gonorrhea must go to a doctor or clinic for treatment. The doctor takes a sample of the discharge. The sample is examined in a laboratory test. This is the only sure test for gonorrhea.

- A doctor can give a person penicillin or other medicines to cure the disease. If gonorrhea is treated early, there is no damage to the body.

- A person with gonorrhea should complete medical treatment before continuing sexual contact.

- A man or woman with gonorrhea should tell their sexual partner that they have the disease. Partners need medical treatment too.

Syphilis

- Syphilis is more dangerous than gonorrhea. Certain bacteria cause syphilis. Men and women with syphilis pass the disease to their sexual partners.

- The first symptoms of syphilis are sores. These sores are called chancres. They are painless (do not hurt). Chancres appear on the penis and inside the vagina. Many women cannot see the chancres. They may not know they have syphilis. The chancres are full of bacteria. A person can get syphilis from touching a chancre. Chancres go away without treatment, but the syphilis bacteria are still in the body. This is the first stage of syphilis.

- In the second stage of the disease, a rash may appear on the body. The person may have a fever, a sore throat, or aching joints. Hair on the head may fall out. In the second stage, syphilis can be passed to other people through kissing. These symptoms also go away without medical treatment, but the bacteria are still in the body.

- In the third stage, the outside symptoms are gone. There can be serious damage to the ear, brain, and other organs of the body. Syphilis can cause insanity (mental illness). Syphilis can kill.

- Women can pass syphilis to their unborn babies. Babies infected with the disease can be born dead or can have problems at birth.

- The test for syphilis is a blood test. Syphilis can be cured with penicillin or other medicines. If syphilis is treated early, there is no damage to the body.

- Syphilis and gonorrhea are caused by different bacteria. A person can have syphilis and gonorrhea at the same time.

- A person with syphilis should complete medical treatment before continuing sexual contact.

- A man or woman with syphilis should tell their sexual partner that they have the disease. Partners need medical treatment too.

- A person with open syphilis sores can easily get another STD such as AIDS or gonorrhea.

Genital Herpes

- Genital herpes is another form of STD. It is caused by a virus. It is spread through sexual contact (usually intercourse). Symptoms of genital herpes start to show 3 to 6 days after sexual contact with an infected person.

- Many small, red, painful blisters (sores) appear on and around the penis or vagina. The blisters usually go away without medical treatment, but the virus is still in the body. The blisters may keep coming back for years.

- A doctor should look at blisters. Sometimes, a doctor will examine some of the pus (liquid from the blisters) in a laboratory test. There is no cure for genital herpes.

- A pregnant woman can pass a herpes infection to her baby. The baby can die of the infection. A pregnant woman may need a cesarean section to protect her baby.

- People should not have sexual contact when blisters are present. They can pass genital herpes to their sexual partners when blisters are present.

Maybe It's Not an STD

- Discharge:

  A thick, white discharge from the vagina can be a less dangerous infection. A woman with such a discharge should see a doctor. Some women always have a discharge from the vagina. Sometimes it is white. Sometimes it is clear. It does not itch. It is normal. The discharge is part of the menstrual cycle.

- Burning pain when urinating:

  Sometimes men and women feel a burning pain when they urinate. This can mean a bladder infection. A person with such pain should see a doctor.

SUMMARY

	CHLAMYDIA	GONORRHEA	SYPHILIS	GENITAL HERPES
SYMPTOMS				
When?	Symptoms appear 2 weeks-1 month after sexual contact.	Symptoms appear 3-9 days after sexual contact.	Symptoms appear 3-6 days after sexual contact.	Symptoms appear 3-6 days after sexual contact.
What?	There are no symptoms in most women and in some men. Both men and women can have discharge, burning, and itching. Men can have pain when urinating. Women can have painful intercourse and bleeding between periods.	There are no symptoms in 80% of women. Women may have an irritating yellow or white discharge from the vagina and/or pain when urinating. Men may have a milky discharge from penis and/or pain when urinating.	First stage: Chancres appear on the penis or around or inside the vagina. Chancres may appear on the mouth. Second Stage: Chancres go away, but a rash appears. An infected person may have a feverr, and some hair on the head may fall out. Third stage: The outside symptoms are gone. Bacteria attack the organs of the body.	Small, red, painful blisters appear on and around the penis or vagina.
How is it spread?	The disease is usually spread by sexual contact (usually intercourse) with an infected sexual partner.	The disease is usually spread by sexual contact (usually intercourse) with an infected sexual partner.	The disease is usually spread by sexual contact (usually intercourse) with an infected sexual partner. It can be passed to another person who touches a chancre.	The disease is usually spread by sexual contact (usually intercourse) with an infected sexual partner who has the blisters.
How can it be treated?	Go to a clinic or a doctor. Get medical treatment. FINISH ALL TREATMENT AND MEDICINES BEFORE YOU HAVE SEXUAL CONTACT AGAIN. TELL YOUR SEXUAL PARTNER(S).	Go to a clinic or a doctor. Get medical treatment. FINISH ALL TREATMENT AND MEDICINES BEFORE YOU HAVE SEXUAL CONTACT AGAIN. TELL YOUR SEXUAL PARTNER(S).	Go to a clinic or a doctor. Get medical treatment. FINISH ALL TREATMENT AND MEDICINES BEFORE YOU HAVE SEXUAL CONTACT AGAIN. TELL YOUR SEXUAL PARTNER(S).	Go to a clinic or a doctor. Get medical treatment. FINISH ALL TREATMENT AND MEDICINES BEFORE YOU HAVE SEXUAL CONTACT AGAIN. TELL YOUR SEXUAL PARTNER(S).
Protect yourself against STD/VD.	Know your sexual partner(s). Use condoms Wash your penis or around your vagina with soap and water right after sexual contact.	Know your sexual partner(s). Use condoms Wash your penis or around your vagina with soap and water right after sexual contact.	Know your sexual partner(s). Use condoms Wash your penis or around your vagina with soap and water right after sexual contact.	Know your sexual partner(s). Use condoms Wash your penis or around your vagina with soap and water right after sexual contact.

Remember

- Most sexually transmitted diseases can be cured.
- A man or woman with an STD should get treatment right away. They should go to a clinic or see a doctor.
- A man or a woman with an STD should tell their sexual partner that they have a disease. Partners need medical treatment too.
- A person with an STD should complete medical treatment before continuing sexual contact.
- Sexually transmitted diseases can infect a person many times. A person can have more than one STD at the same time.

To Get Help

- Young men and women who are afraid to tell their parents and/or teachers that they have an STD should not worry. They can talk to doctors and people at clinics. These people will help, and they will not tell anybody.
- Call this number for help:

1-800-227-8922

This is the phone number of the National STD Hotline. The counselor who answers the phone will give the name of a doctor or a clinic near home. Counselors do not ask for a name. They ask for the caller's area code. The National STD Hotline office is open from 9:00 a.m. to 10:00 p.m. (Central Standard Time) Monday through Friday.

UNIT 7
Exercise 1

STATEMENTS ABOUT STD

Place a check mark ( ) next to all of the correct statements.

Chlamydia

There are 3 correct statements below. Check them.

1. ( ) Chlamydia is the most common type of STD.
2. ( ) Chlamydia is caused by a virus.
3. ( ) Some men have no symptoms.
4. ( ) Chlamydia causes pneumonia and blindness in babies.
5. ( ) Penicillin will cure chlamydia.

Gonorrhea

There are 3 correct statements below. Check them.

6. ( ) Gonorrhea can cause sterility.
7. ( ) A chancre is the first symptom of gonorrhea.
8. ( ) Most babies get special eye drops at birth.
9. ( ) Gonorrhea is a very common type of STD.
10. ( ) Gonorrhea is caused by a virus.

Syphilis

There are 3 correct statements below. Check them.

11. ( ) Syphilis is caused by a virus.
12. ( ) Syphilis can damage the heart, brain, and other organs.
13. ( ) The test for syphilis is a blood test.
14. ( ) Syphilis is caused by bacteria.
15. ( ) There is no cure for syphilis.

Genital Herpes

There are 3 correct statements below. Check them.

16. ( ) Genital herpes is caused by bacteria.

17. ( ) Painful blisters are a symptom of genital herpes.

18. ( ) The blisters can keep coming back for years.

19. ( ) The test for genital herpes is a blood test.

20. ( ) There is no cure for genital herpes.

UNIT 7
Exercise 2

MORE STATEMENTS ABOUT STD

Cross out the wrong word. Here is an example:

DO ~~DON'T~~ get help for a sexually transmitted disease.

1. DO DON'T get treatment right away.
2. DO DON'T go to a doctor or clinic.
3. DO DON'T tell sexual partners about an STD.
4. DO DON'T have sexual contact until the treatment and medicines are finished.
5. DO DON'T have sexual contact until there are no more symptoms.

UNIT 7
Exercise 3

STD VOCABULARY

Write the words below in the correct column. Be careful. Some words are used more than once.

bacteria

blisters

blood test

chancre

discharge

laboratory test

no cure

penicillin

sterility

tetracycline

virus

CHLAMYDIA	GONORRHEA	SYPHILIS	GENITAL HERPES

Acquired Immunodeficiency Syndrome

Acquired Immunodeficiency Syndrome (AIDS) is the worst type of sexually transmitted disease (STD). AIDS is caused by a virus called HIV. This virus destroys (kills) one type of white blood cells. A person's body needs these white blood cells to fight off disease and to protect itself. There is no cure for AIDS. Many people with AIDS die from diseases the body cannot fight.

- Men or women with AIDS (HIV-infected) have the virus in their blood. A man also has it in his semen. The virus dies very quickly outside the body. When the blood or semen is dry, the virus is dead.
- Anyone can have AIDS.

Men and women can have AIDS if:

- Their mother has AIDS before they are born.
- They got a blood transfusion (blood given by one person to another) from an HIV-infected person before 1985.
- They use drugs and share a hypodermic needle with an HIV-infected person.
- They have anal sex (a man's penis ejaculates semen into the rectum of his sexual partner) with an HIV-infected man or woman. The skin of the rectum is thin and weak, and blood vessels are close to the surface. The AIDS virus (HIV) can get into the blood system.
- A woman has intercourse (a man's penis in a woman's vagina) with an HIV-infected man. The skin of the vagina is strong, but the AIDS virus can get into the blood system through a small sore in the vagina, or directly into the cells of the cervix.
- A man has intercourse with an HIV-infected woman. The AIDS virus can get into the blood system through a small sore on the penis.

The AIDS virus can be passed from an HIV-infected person to another in three ways: through birth, through hypodermic needles, or during sexual intercourse.

The AIDS virus (HIV) is not spread the same way as flu or cold germs.

Men and women cannot get AIDS from:

- Touching something an HIV-infected person touched.
- Using a toilet or water fountain used by an HIV-infected person.
- The coughing or sneezing of an HIV-infected person.
- Kissing an HIV-infected person's cheeks or lips or an HIV-infected person kissing your cheeks or lips.

- Donating (giving) blood for a transfusion.
- Having a blood test.

No doctor, nurse, or family member (mother, father, sister, brother) has ever been infected by using or touching things that belong to an HIV-infected person.

No one has ever gotten the AIDS virus by touching, caring for, hugging, or kissing an HIV-infected person.

An HIV-infected person does not look different. Only a special blood test can show that a person might be HIV-infected. An HIV-infected person does not get sick immediately. Symptoms come from 3 months to more than 10 years after infection.

If a person is HIV-infected, it does not mean that the person will get AIDS or die from AIDS. There are special medicines to keep the person healthy. An HIV-infected person can give the AIDS virus to another person. It is important to know if you are HIV-infected.

The symptoms listed below come with many diseases. Maybe the person with these symptoms has AIDS; maybe the person does not. If the symptoms continue for two weeks or more, the person should see a doctor. AIDS symptoms include:

- Low fever
- Swollen glands in the neck, armpits, and groin
- Weight loss (many pounds in a short time for no reason)
- Night sweating (when the bed gets very wet)
- Diarrhea (too many watery bowel movements)
- Cough that does not go away
- Tiredness that does not go away
- No appetite

It is important to know if a person is HIV-infected before they get very sick. There are special medicines that can help the person stay healthy for a long time.

Some very bad diseases that kill persons with AIDS are:

- Pneumocystis carinii pneumonia (P.C.P.) -- a lung disease
- Kaposi's sarcoma (K.S.) -- a skin cancer
- Tuberculosis
- Brain disease

There is no cure for AIDS. Scientists are working to find a cure for AIDS. The best way to prevent AIDS infection is to keep your body safe from the AIDS virus. Say "NO to sex, and say "NO" to drugs.

If you say "YES" to sex, lower your risk of getting the AIDS virus with the following actions:

- DO use condoms during sexual contact. They help protect against becoming HIV-infected.
- DO NOT have sexual contact (intercourse by mouth, anus, or vagina) with an HIV-infected person.
- DO NOT have sex with someone you do not know well.
- DO NOT have sex with drug users.
- If you say "YES" to drugs, sterilize the drug equipment you use.

MEN AND WOMEN WHO ARE HIV-INFECTED
SHOULD TELL THEIR SEXUAL PARTNERS THAT THEY HAVE
THE AIDS VIRUS.

For help or information, call this number:

1-800-AID-AIDS

This is the number of the Illinois AIDS Hotline.

The Hotline is open every day from 10:00 a.m. to 10:00 p.m. (except holidays).

UNIT 7
Exercise 4

STATEMENTS ABOUT STD AND AIDS

Fill in the blanks with the correct word(s) or number(s).

1. _____ is the worst type of STD.

2. HIV is passed to another person only through _____,
   hypodermic _____, or
   _____ _____.

3. DO NOT have _____ contact with an HIV-infected person.

4. DO NOT have sex with a _____ (someone you do not know).

5. DO NOT have sex with _____ users.

6. DO NOT share hypodermic _____ or _____ with other people.

7. DO use _____. They help protect against AIDS.

8. Scientists are working to find a _____ for AIDS.

9. People _____ get AIDS by touching, caring for, hugging, or kissing an HIV-infected person.

10. AIDS is caused by a virus called _____.

MORE STATEMENTS ABOUT STD AND AIDS

Answer TRUE (T) or FALSE (F). Write "T" or "F" before each sentence.

1. _____ AIDS is the worst type of STD.
2. _____ STD means "Sexually Transmitted Disease."
3. _____ A woman with gonorrhea can pass the disease to her newborn baby.
4. _____ Gonorrhea is more dangerous than syphilis.
5. _____ A person cannot have syphilis and gonorrhea at the same time.
6. _____ Most people who contract an STD are 45 to 60 years old.
7. _____ Chlamydia is the most common type of STD.
8. _____ A doctor can cure genital herpes.
9. _____ AIDS can be cured with penicillin and other medicines.
10. _____ A person can get an STD many times.

STD AND AIDS VOCABULARY

Fill in the blanks with the correct word(s).

1. The most common type of STD is _____.

2. The worst type of STD is _____.

3. Men and women who have chlamydia, gonorrhea, or syphilis should finish _____ _____ before they continue sexual contact.

4. Men and women who have genital herpes should not have sexual contact when _____ are present.

5. Men and women who have chlamydia, gonorrhea, or syphilis should tell their sexual _____. They need medical treatment too.

6. HIV-infected men or women should tell their _____ partners that they have the AIDS virus.

DRUGS, ALCOHOL, AND TOBACCO

Drugs

A drug is a substance (liquid, solid, powder, or tablet) which is not a food and which changes the mind or body.

If a person is sick, the doctor may prescribe (give) a drug. This is called a prescription drug. There are instructions with this drug. The instructions tell the person how to use the drug to cure (take away) or help an illness or disease. Prescription drugs are provided by a pharmacist at a pharmacy, hospital, or clinic.

People who are sick can buy some drugs without a prescription. These are called non-prescription drugs. Non-prescription drugs are legal drugs. They are also called "over-the counter" (OTC) drugs. Some OTC drugs are aspirin, vitamins, and cold tablets. There are instructions with these drugs, too. The instructions tell how to use the drug.

Some people use drugs for the wrong reasons. Doing this is harmful. Drugs are habit forming-- users can develop a need to keep taking the drug. Drugs can cause psychological (emotional) problems, social problems, physical problems, and physical addiction (need).

Drugs are stimulants or depressants. Some people call stimulants "uppers." Stimulants speed up the mind and the body. Marijuana, amphetamines, steroids, cocaine, and crack are stimulants. Depressants slow down the mind and the body. Some people call depressants "downers." Tranquilizers, barbiturates, sedatives, and heroin are depressants.

Some people buy drugs on the street, in factories, or at "drug houses." These drugs are illegal drugs. These people are abusing drugs and breaking the law. Abusing drugs (drug abuse) is harmful to the mind and the body.

Drug safety is important in the United States. A government office makes sure that all drugs sold legally are safe. The government office is called the Food and Drug Administration (FDA).

For help or information about drugs, call:

1-800-663-1020

This is the referral number for the Illinois Department of Alcoholism and Substance Abuse. This phone line is open: 9:00 a.m. to 3:00 a.m., Monday - Friday and 12:00 p.m. to 3:00 a.m. Saturday - Sunday.

Alcohol

Alcohol is a drug. Alcohol can cause psychological problems, social problems, physical problems, and physical addiction. Alcohol is a depressant. Alcohol slows down the mind and the body. Alcohol makes people act differently. Drinking alcohol can be dangerous to a person's health. It can cause diseases to the liver, pancreas, and spleen. It can cause other health problems, too. For example, Pregnant women who drink alcohol are hurting their unborn (not born yet) babies.

There is a test to measure how much alcohol is in a person's blood. The amount of (how much) alcohol that is in a person's blood is called the Blood Alcohol Level (BAL). In most states, a person with a BAL of .10 percent is considered drunk. Drunk driving causes many deaths among 15 to 24 year old people. More young people die from drunk driving accidents than from murder, disease, or other accidents.

Some people cannot control their drinking of alcohol. They are called alcoholics. Alcoholics have a disease called alcoholism. Alcoholism affects the family, friends, work, and health of the alcoholic. Some alcoholics want to stop drinking alcohol. There is a national organization to help these people. The organization is called Alcoholics Anonymous (AA). There are two groups to help family members of alcoholics. These groups help family members learn how to deal with the problems of living with an alcoholic. The groups are:

- ALANON -- for all family members of alcoholics
- ALATEEN -- for the teenage children of alcoholic parents

For help or information about alcohol, call:

- Alcoholics Anonymous 312-346-1475
- ALANON 708-848-2707
- ALATEEN 312-890-1141

Tobacco

Some people smoke tobacco in cigarettes, cigars, and pipes or chew tobacco. Tobacco contains nicotine, a stimulant drug. Tobacco speeds up the mind and the body. People who smoke a lot may act jumpy or nervous.

Using tobacco is very dangerous to a person's health. It is harmful to the respiratory system (lungs) and to the cardiovascular system (heart). It also causes cancer and emphysema. Pregnant women who smoke are harming their unborn babies.

People who smoke are harming themselves and others. Second-hand smoke (smoke that is exhaled; smoke that is blown out of the nose and mouth) and side-stream smoke (smoke in the air from a burning cigar, cigarette, or pipe) can harm non-smokers (people who do not smoke). Smoke wrinkles your skin, turns your teeth and fingers brown, and makes your breath smell bad. Smoke makes your clothes smell bad, too.

To stop smoking or for information about smoking, call:

312-372-0471

This is the number of the American Cancer Society. The office is open 9:00 a.m. to 5:00 p.m. Monday -- Friday.

SAY "NO" TO DRUGS, ALCOHOL, AND TOBACCO!

SAY "YES" TO HEALTH!

DRUGS, ALCOHOL, AND TOBACCO, STATEMENTS AND VOCABULARY

Answer TRUE (T) or FALSE (F). Write "T" or "F" before each sentence.

1. ____ You can buy over-the-counter drugs at a drugstore or any other store that sells medicine.
2. ____ It is legal to buy prescription drugs without a prescription from a doctor.
3. ____ Stimulant drugs are also called depressant drugs.
4. ____ You can become addicted to drugs.
5. ____ Alcohol is a stimulant.
6. ____ Alcohol causes very few fatal (death) accidents.
7. ____ Only people who drink hard liquor can become alcoholics.
8. ____ Smoking kills more 15-to-24-year-old people than anything else.
9. ____ Smoking can cause cancer and emphysema.
10. ____ Alcohol can cause problems with family and friends.

Every item in Column A has a matching item in Column B. Write the letter from Column B in front of the item in Column A.

Column A	Column B
1. ____ Food and Drug Administration	a. Alanon
2. ____ Percent of alcohol in the food	b. Alateen
3. ____ Group that helps the children of alcoholic parents	c. Alcoholics Anonymous
4. ____ Drugs you can buy without a doctor's prescription	d. BAL
5. ____ Group that helps alcoholics	e. FDA
6. ____ Group that helps all the family members of alcoholics	f. OTC

GLOSSARY

abstinence - not having sexual intercourse or using drugs

abusing drugs - using drugs in the wrong way

addiction - habit; a need to keep taking a drug

adolescence - time of life between childhood and adulthood (teenage years)

alcohol - depressant drug found in hard liquor, wine, and beer

alcoholic - person who cannot control his/her drinking

AIDS (acquired immunodeficiency syndrome) - the most dangerous sexually transmitted disease

appropriate - correct; right

bacteria - tiny living things that can cause disease

birth control - use of a special method to prevent pregnancy

birth control pills - pill (medicine) that stops an egg from leaving an ovary

bladder - sac in the body in which urine is stored in the bladder

breech birth - when the baby comes out of the mother's body with its buttocks first or its feet first

chromosomes - small part of every cell; chromosomes contain genes

cesarean section - cut made through the mother's abdomen and into the uterus through which the baby is lifted out

cells - smallest units (parts) of all living things

cervix - opening of the uterus into the vagina

chancre - painless sore on the body; a symptom of syphilis

chlamydia - most common venereal disease

circumcision - operation to remove the foreskin of the penis

chemical contraceptives - foams, creams, or jellies that destroy sperm cells and viruses

condom (rubber) - contraceptive device that is placed over an erect penis to prevent pregnancy and to prevent the spread of sexually transmitted diseases

contraceptives - devices (things) people use to prevent (stop) pregnancy

contractions - squeezing (pushing) of the muscles

dating - planning and spending time with a special person of the opposite sex

depressants - drugs that slow down the mind or the body: "downers"

dermis - bottom layer of the skin; the layer of the skin under the epidermis

diaphragm - contraceptive that fits over the cervix

douching - washing out the vagina with water or a chemical solution

drug - substance (not food) that changes the mind or the body and is habit-forming

drunk driving - driving a car when a person has drunk too much alcohol; driving a car when the blood alcohol is .10% or more

egg cell - female sex cell

ejaculation - discharge of semen from the penis

embryo - unborn child during the first eight weeks of pregnancy

erection - when the penis becomes bigger and harder

epidermis - top (outer) layer of skin

estrogen - female sex hormone produced by the ovaries

fallopian tubes - tubes connecting the ovaries to the uterus through which the egg cells travel from the ovaries to the uterus

female - woman; girl

fertilization - joining of an egg cell and a sperm cell

fetus - unborn child after the first eight weeks of pregnancy

follicle - small openings in the skin through which hair grows

foreskin - piece of skin at the end of the penis

genes - tiny parts of chromosomes that determine how a person grows and develops

genital herpes - a kind of sexually transmitted disease (STD) that causes painful blisters on and around the penis or vagina

gland - small organ

gonorrhea - common sexually transmitted disease (STD)

heredity - features which parents pass on to their children through the genes

hormones - chemical compounds made by the body which cause body changes

immunization - injections (shots) to protect against disease

illegal drugs - drugs sold or given away on street corners, in parks, on school grounds, in "drug houses," and so forth

IUD (intrauterine device) - a small coil or loop placed in the uterus by a doctor in order to prevent pregnancy

labor - squeezing and pushing of the muscles of the uterus to push the baby out of the mother's body during childbirth

legal drugs - drugs sold in drug stores, pharmacies, hospitals, and so forth

male - man; boy

menstruation - monthly discharge of blood and tissue from the uterus

miscarriage - premature discharge of a human fetus (unborn child) before it can stay alive without the support of the mother's body

morning sickness - nausea (dizziness) and vomiting (throwing up) during pregnancy

navel (belly button) - the place on the baby's body where the umbilical cord was attached

nerve - conductor of messages from the brain to all parts of the body and back again

non-prescription drugs - drugs that a person can buy in a store without a doctor's order (prescription); over the counter (OTC) drugs

obstetrician - doctor who takes care of pregnant women and delivers babies

opposite sex - sex different from yours. (If you are a man, the opposite sex is a woman. If you are a woman, the opposite sex is a man.)

organs - body parts that do specific (special) jobs

orgasm - climax (peak) of sexual excitement

ovary, ovaries - sex organ of the female which contain the egg cells

ovulation - time when the egg cell leaves the ovary and travels through the fallopian tube to the uterus

pediatrician - doctor who cares for babies and children

penis - male sex organ

placenta - sac-like organ that develops in the uterus during pregnancy and in which the fetus (baby) grows during pregnancy; food and oxygen are carried from the mother to the baby through the placenta

pore - small opening in the skin

pregnancy - period of time when a woman has a baby growing in her uterus

prenatal care - special medical care which is given to a pregnant woman

prescription - order written by a doctor for a drug or medicine

prescription drugs - drugs given by a doctor or ordered by a doctor

puberty - period of time in a person's life when a person becomes sexually mature

pubic hair - hair that grows around the sexual organs

reproductive system - system in the body that reproduces (makes) new human beings

rhythm method - type of birth control in which a couple does not have intercourse on the days when a woman can become pregnant

sanitary napkin - pad that absorbs blood during menstruation; worn outside the body

scrotum - bag of skin in which the testes are located

semen - mixture of sperm cells and fluid

sexual intercourse - act in which a man puts his erect penis into the vagina of a woman (also used to mean anal or oral sex with the erect penis)

sexual partner - person who has sex with someone

sexuality - how your sex affects your personality

sexually transmitted disease (STD)- venereal disease (VD) spread from one person to another through sexual contact

sperm cells - male sex cells

STD (sexually transmitted disease)- venereal disease

sterilization - operation to cut the tubes of the reproductive system making a man or a woman unable to have children

stimulants - drugs that speed up the mind or the body ("uppers")

sweat - liquid made up of water and body waste; perspiration

symptom - sign of a disease

syphilis - a type of sexually transmitted disease

tampon - small pad that absorbs blood during menstruation worn inside the vagina

testes (testicles) - sex organs which produce sex hormones and sperm cells; each man has two testes

testosterone - male sex hormone produced by the testes

tissue - group of cells that work together

tobacco - substance containing the stimulant, nicotine; used for chewing or smoking

tubal ligation - sterilization operate for a woman in which the fallopian tubes are cut and tied to prevent the egg cells from passing to the uterus

umbilical cord - cord that connects the baby to the placenta

urethra - tube that carries urine from the bladder to outside the body

urine - fluid waste from the kidneys

uterus (womb) - organ in a woman where a fetus develops before being born

vagina - passageway from the uterus to the outside of the body

vas deferens - tube through which the sperm cells pass from the testes to the urethra

vasectomy - sterilization operation for a man

venereal disease(VD) - disease outdated passed from one person to another through sexual contact; outdated way of describing sexually transmitted diseases

virus - tiny living things that cause diseases

withdrawal - a man takes his penis out of a woman's vagina before he ejaculates; unreliable method of birth control

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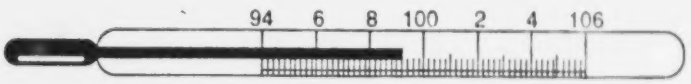
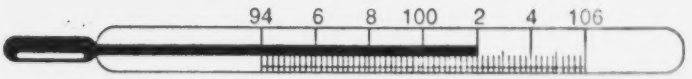
ANSWER KEY

UNIT 1

Exercise 1 (Begin at top, center; and proceed clockwise.)
hair, nerve endings, nerve cells, blood vessels, hair follicle, oil gland, layer of fat, dermis, epidermis, sweat gland, pore.

Exercise 2





Exercise 3 1., 3., 5., 6., 8., 9., 11., 12., 15., 16., 19., 20., 21., 24., 25.

Exercise 4
1. Wet your body with water.
2. Put soap on your body.
3. Scrub (wash very well).
4. Rinse off the soap.
5. Dry your body well
6. Put on a deodorant to prevent body odor.

Exercise 5 1. scalp, 2. flakes, 3. bugs, 4. nits, 5. shampoo.

Exercise 6

HAIR	TEETH	NAILS
shampoo	dentist	emery board
comb	cavities	cuticles
hairbrush	tooth decay	polish

Exercise 7 1. Do, 2. Don't, 3. Don't, 4. Don't, 5. Do, 6. Don't, 7. Do, 8. Do, 9. Do, 10. Do, 11. Do.

Review and Test 1 1. Skin, 2. cells, 3. microscope, 4. dermis and epidermis, 5. pores, 6. water and body waste, 7. pores, 8. 98.6, 9. thermometer, 10. whiteheads, blackheads, and/or pimples, 11. bacteria, 12. viruses, 13. fungus, 14. virus, 15. sugar.

Review and Test 2 1. F, 2. F, 3. T, 4. T, 5. T, 6. F, 7. T, 8. T, 9. T, 10. T, 11. T, 12. T, 13. T, 14. T, 15. F, 16. T, 17. T, 18. T, 19. T, 20. T.

UNIT 2

Exercise 1 (Left, top and bottom) uterus, vagina.
(Right, top to bottom) fallopian tube, ovary, cervix.

Exercise 2 1. T, 2. F, 3. F, 4. T, 5. T, 6. F, 7. T, 8. T, 9. F, 10. T.

Exercise 3 (Left, top to bottom) urethra, penis, scrotum.
(Right, top to bottom) bladder, seminal testicles, prostate, vas deferens, epididymis, testis, scrotum.

Exercise 4 Line shows the path of semen.

Exercise 5 1. T, 2. T, 3. T, 4. F, 5. T, 6. T, 7. T, 8. T, 9. T, 10. F.

Exercise 6 1. T, 2. F, 3. T, 4. T, 5. F, 6. F, 7. F, 8. F, 9. T, 10. T.

Exercise 7 1. d, 2. g, 3. j, 4. i, 5. h, 6. e, 7. a, 8. c, 9. k, 10. f, 11. b.

Review and Test 1 1. reproductive system., 2. vas deferens., 3. uterus., 4. uterus., 5. testes., 6. sperm cells and fluid., 7. between the ages of 9 and 16., 8. between the ages of 12 and 18., 9. month., 10. tissue and blood.

Review and Test 2 1. T, 2. F, 3. T, 4. F, 5. T, 6. T, 7. T, 8. T, 9. F, 10. T.

Review and Test 3 1. ovaries, fallopian tubes, uterus, and vagina; 2. vagina, 3. ovaries, 4. baby, 5. testes, penis, and...tubes., 6. sperm cells, 7. urethra, 8. Urine, 9. vas deferens, 10. sperm cells, 11. muscle, 12. cycle, 13. uterus, 14. menstruation.

UNIT 3

Exercise 1 Student's arrow indicates a fallopian tube.

Exercise 2 (Top) Female (Bottom) Male

Review and Test 1 1. T, 2. T, 3. T, 4. T, 5. F, 6. T, 7. F, 8. T, 9. T, 10. F, 11. T, 12. T, 13. T, 14. T.

Review and Test 2 1. sperm cells, 2. fallopian tubes, 3. egg cell and a sperm cell, 4. human being, 5. sperm cell, 6. chromosomes, 7. parents, 8. 23, 9. 23, 10. egg, 11. sperm, 12. male, 13. female, 14. uterus, 15. nine.

UNIT 4

Exercise 1 (Left, top to bottom) uterus, umbilical cord, sac.
(Right, top to bottom) placenta, fetus, cervix.

Exercise 2 1., 2., 4., 6., 8., 9., 12., 13., 14.

Exercise 3 1. pregnancy, 2. fetus, 3. miscarriage, 4. umbilical cord, 5. prenatal.

Exercise 4 (Left, top to bottom) No, No, Yes.
(Right, top to bottom) Yes, Yes, No.

Review and Test 1 1. T, 2. T, 3. T, 4. T, 5. F, 6. T, 7. F, 8. F, 9. T, 10. T.

Review and Test 2 1. F, 2. F, 3. T, 4. T, 5. T, 6. F, 7. T, 8. F, 9. T, 10. T.

UNIT 5

Exercise 1 1., 2., 3., 8., 9, 10., 11., 13., 15.

Exercise 2 3, 1, 2.

Review and Test 1. T, 2. T, 3. F, 4. T, 5. T, 6. T, 7. F, 8. T, 9. F, 10. F.

UNIT 6

Exercise 1 1. condom and chemical contraceptives, 2. birth control pills and diaphragm, 3. diaphragm, 4. condom, 5. birth control pills, IUD, diaphragm, chemical contraceptives.

Exercise 2 NOT GOOD - chemical contraceptives only, withdrawal, douching, rhythm.
90% Sure - condom
96% Sure - IUD
99% Sure - birth control pills
100% Sure - abstinence, sterilization.

Exercise 3 (Top to bottom) birth control pills, condom, diaphragm, chemical contraceptives, IUD, sterilization, rhythm method.

Review and Test 1. T, 2. T, 3. F, 4. T, 5. F, 6. F, 7. F, 8. T, 9. T, 10. T.

UNIT 7

Exercise 1 1., 3., 4., 6., 8., 9., 12., 13., 14., 17., 18., 20.

Exercise 2 1. Do, 2. Do, 3. Do, 4. Don't, 5. Don't.

Exercise 3
CHLAMYDIA - tetracycline, bacteria, discharge.
GONORRHEA - laboratory test, penicillin, bacteria, discharge, sterility.
SYPHILIS - blood test, penicillin, bacteria, chancre.
GENITAL HERPES - blisters, no cure, virus.

Exercise 4 1. AIDS, 2. birth, needles, or sexual intercourse, 3. sexual, 4. stranger 5. drug, 6. needles, 7. condoms, 8. cure, 9. cannot, 10. HIV.

Review and Test 1 1. T, 2. T, 3. T, 4. F, 5. F, 6. F, 7. T, 8. F, 9. F, 10. T.

Review and Test 2 1. chlamydia, 2. AIDS, 3. medical treatment, 4. blisters, 5. partners, 6. sexual.

UNIT 8

Review and Test 1. T, 2. F, 3. F, 4. T, 5. F, 6. F, 7. F, 8. F, 9. T, 10. T.
1. e, 2. d, 3. b, 4. f, 5. c, 6. a.